

# The Arbors at Oak Park

# FEBRUARY 2019

## Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health and Nutrition – Calcium</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	2
3	4 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Games) <b>Service Coordination</b> 11am –12pm <b>Games Night</b> 12pm-1pm	5 <b>Work Out ( Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Movie &amp; Popcorn</b> 11am-1pm <b>Sign up for Grocery Giveaway</b>	6	7 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Bingo</b> 12pm – 1pm	8 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health &amp; Nutrition – Hydration</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	9
10	11 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Dominoes Challenge) <b>Service Coordination</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	12 <b>Work Out (Gym)</b> 9am – 10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	13	14 <b>Work Out (Gym)</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	15 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health &amp; Nutrition – Diabetes</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	16
17	18 <b>Closed for Presidents’ Day</b>	19 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Movie &amp; Popcorn</b> 11am-1pm <b>Sign up for Grocery Giveaway</b>	20	21 <b>Work Out (gym)</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Craft</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	22 <b>Service Coordination</b> 9am – 10am <b>Gentle Coordination</b> 10am-11am <b>Health &amp; Nutrition-More Greens</b> 11am-12pm <b>Birthday Celebration</b> 12pm-1pm	23
24	25 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Dominoes Challenge) <b>Service Coordination</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	26 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	27	28 <b>WORK Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot Topics</b> 11am-12pm <b>Bingo Bango</b> 12pm-1pm		