

The Arbors at Oak Park

Events/ Activities

MAY 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2 Work Out (Gym) 9am-10am Service Coordination 10am-11am Arts & Crafts 11am-12pm Games Night 12pm-1pm	3 Gentle Stretching 9am-10am Service Coordination 10am-11am Health and Nutrition – Fruits 11am-12pm Healthy Cooking Demo 12pm-1pm	4
5	6 Gentle Stretching 9am-10am Men’s Social 10am-11am (Games) Service Coordination 11am-12pm Games Night 12pm-1pm	7 Work Out (Gym) 9am-10am Service Coordination 10am-11am Game Night 11am-12pm Grocery Giveaway 12pm-1pm	8	9 Work Out (Gym) 9am-10am Service Coordination 10am-11am Arts & Crafts 11am-12pm Bingo 12pm-1pm	10 Gentle Stretching 9am-10am Service Coordination 10am-11am Health & Nutrition – Hydration 11am-12pm Healthy Cooking Demo 12pm-1pm	11
12	13 Gentle Stretching 9am-10am Men’s Social 10am-11am (Dominoes Challenge) Service Coordination 11am-12pm Games Night 12pm-1pm	14 Work Out (Gym) 9am-10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm Sign up for Grocery Giveaway	15	16 Work Out (Gym) 9am-10am Service Coordination 10am-11am Arts & Crafts 11am-12pm Games Night 12pm-1pm	17 Pancake Breakfast 9am-11am Hot Topics 11am-12pm Service Coordination 12pm-1pm	18
19	20 Gentle Stretching 9am-10am Service Coordination 10am-11am Hot topics 11pm-12pm Game Night 12pm-1pm	21 Work Out (Gym) 9am-10am Service Coordination 10am-11am Game Night 11am-12pm Grocery Giveaway 12pm-1pm	22	23 Work Out (gym) 9am-10am Service Coordination 10am-11am Arts & Craft 11am-12pm Games Night 12pm-1pm	24 Service Coordination 9am – 10am Gentle Stretching 10am-11am Health & Nutrition-More Greens 11am-12pm Healthy Cooking Demo 12pm-1pm	25
26	27 Closed for Memorial Day	28 Work Out (Gym) 9am-10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm	29	30 WORK Out (Gym) 9am-10am Service Coordination 10am-11am Hot Topics 11am-12pm Bingo Bango 12pm-1pm	31 Service Coordination 9am-10am Gentle Stretching 10am-11am Healthy & Nutrition 11am-12pm Birthday Celebration 12pm-1pm	