

The Arbors at Oak Park

Events/ Activities

NOVEMBER 2017

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	3 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm (wonton soup)	4
5	6 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Spades) Service Coordination 11am – 12pm Domino Challenge 1 12pm – 1pm	7 Service Coordination 9am-10am Hot Topics 10am-11am Arts & Crafts 11am – 12pm Grocery Giveaway 12pm – 1pm Signup Monday In Life Matters Office.	8	9 Gentle Stretching 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 (chicken noodle soup)	11
12	13 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Domino Challenge 2 12pm – 1pm	14 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Popcorn & movie 11am – 1pm	15	16 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	17 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (vegetable soup)	18
19	20 Gentle Stretching 9am – 10am Men's Social 10am – 11am (This day in History) Service Coordination 11am-12pm Domino Challenge 3 12pm – 1pm	21 Service Coordination 9am-10am Hot Topics 10am-11am Arts & Crafts 11am – 12pm Grocery Giveaway 12pm – 1pm Signup Monday In Life Matters	22	23 THANKSGIVING DINNER 12PM – 2PM	24 Closed for Thanksgiving Holiday	25
26	27 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Stress) Service Coordination 11am-12pm Domino Challenge 4 12pm-1pm	28 Service Coordination 9am-10am Hot Topics 10am-11am Popcorn & Movie 11am- 1pm	29	30 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm		