



Life Matters Inc. is pleased to provide FREE programs to all residents of The Arbors at Oak Park

May 2016				
Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Stretching 12:00pm – 1:00pm Service Coordination 1:00pm – 2:00pm Hot Topics 2:00pm – 3:00pm Game Night 3:00pm – 4:00pm	Afternoon Stretching 12:00pm – 1:00pm Health and Wellness 1:00pm – 2:00pm Service Coordination 2:00pm – 3:00pm Arts and Crafts 3:00pm – 4:00	Afternoon Stretching 12:00pm -1:00pm Fitness Class 1:00pm – 2:00pm Service Coordination 2:00pm – 3:00pm Game Night 3:00pm –4:00pm	Afternoon Stretching 12:00pm – 1:00pm Service Coordination 2:00pm – 3:00pm Arts and Crafts 3:00pm – 4:00pm	

Special Events and Notices

Birthday Celebration – Friday, May 20, 2016 starting at 4:00pm

CLOSED for Memorial Day – Monday, May 30, 2016

For more information, call (916) 476-4891

Or visit www.wherelifematters.com