



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

September 2016				
Monday	Tuesday	Wednesday	Thursday	Friday
Service Coordination 12:00pm – 1:00pm Men’s Social 1:00pm – 2:00pm Game Night 2:00pm – 4:00pm	Service Coordination 12:00pm – 1:00pm Nutrition Class 1:00pm – 2:00pm Movies and Popcorn 2:00pm – 4:00	Service Coordination 12:00pm -1:00pm Fitness Class 1:00pm – 2:00pm Game Night 2:00pm –4:00pm	Service Coordination 12:00pm – 1:00pm Hot Topics 1:00pm – 2:00pm Healthy Cooking 2:00pm – 4:00pm	

Special Events and Notices

CLOSED for Labor Day – Monday, September 5, 2016

Grocery Giveaway – Tuesday, September 13, 2016 starting at 1:00pm

Birthday Celebration BBQ – Thursday, September 29, 2016 starting at 2:00pm

For more information, call (916) 476-4891

Or visit www.wherelifematters.com