

The Arbors at Oak Park

Events/ Activities

September 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Exercise/Fitness 10am – 11am Arts & Crafts 11:30 am – 2pm Service Coordination 2pm – 3pm	2
3	4 Service Coordination 10am – 12pm Tech Tutorial 12pm – 1pm Wellness Calls 1:30pm – 3pm	5	6 Service Coordination 10am – 12pm Bingo Bango 12pm – 1pm Games 1:30pm – 2:30 pm	7	8 Exercise/Fitness 10am – 11am Brunch Social 11:30am – 1:30pm Service Coordination 2pm – 3pm	9
10	11 Service Coordination 10am – 12pm Health & Nutrition Class 12pm – 1pm Wellness Calls 1:30pm – 3pm	12	13 Service Coordination 10am – 12pm Bingo Bango 12pm – 1pm Games 1:30pm – 2:30 pm	14	15 Exercise/Fitness 10am – 11am Arts & Crafts 11:30 am – 2pm Service Coordination 2pm – 3pm	16
17	18 Service Coordination 10am – 12pm Tech Tutorial 12pm – 1pm Wellness Calls 1:30pm – 3pm	19	20 Service Coordination 10am – 12pm Bingo Bango 12pm – 1pm Games 1:30pm – 2:30 pm	21	22 Exercise/Fitness 10am – 11am Arts & Crafts 11:30 am – 2pm Service Coordination 2pm – 3pm	23
24	25 Service Coordination 10am – 12pm Health & Nutrition Class 12pm – 1pm Wellness Calls 1:30pm – 3pm	26	27 Service Coordination 10am – 3pm Bingo Bango 12pm – 1pm Grocery Giveaway 1pm – 2pm	28	29 Exercise/Fitness 10am – 11am Birthday Celebration 12 pm – 1pm Service Coordination 2pm – 3pm	30