

The Arbors at Oak Park

NOVEMBER 2021

Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 Morning Exercise 10am – 11am Oak Park Matters (Local Current Events) 11:30am – 12:30pm Domino/Chess Club 1pm – 2pm <i>Door decorating contest begins</i>	2	3 Morning Exercise 10am – 11am Nutrition & Diabetes Class 11:30am – 12pm Money Matters Class 12:30pm – 1:30pm Service Coordination 12pm – 2pm	4	5 Morning Exercise 10am – 11am Bingo 11:30am – 12:30pm Healthy Cooking Demo 1pm – 2pm Service Coordination 12pm – 2pm	6
7	8 Morning Exercise 10am – 11am Oak Park Matters (Local Current Events) 11:30am – 12:30pm Domino/Chess Club 1pm – 2pm <i>(Sign up for Donated Food Service)</i>	9 Donated food delivery Service 10am – 12pm	10 Morning Exercise 10am – 11am Nutrition & Diabetes Class 12pm – 1pm Money Matters Class 12pm – 1pm Service Coordination 12pm – 2pm	11	12 Morning Exercise 10am – 11am Bingo 11:30pm – 12:30pm Craft Corner 1pm – 2pm Service Coordination 12pm – 2pm	13
14	15 Morning Exercise 10am – 11am Oak Park Matters (Local Current Events) 11:30am – 12:30pm Domino/Chess Club 1pm – 2pm	16	17 Morning Exercise 10am – 11am Nutrition & Diabetes Class 12pm – 1pm Money Matters Class 12pm – 1pm Service Coordination 12pm – 2pm	18	19 Morning Exercise 10am – 11am Games 11:30pm – 12:30pm Craft Corner 1pm – 2pm Service Coordination 12pm – 2pm	20 Paint Party 12pm – 2pm
21	22 Morning Exercise 10am – 11am Oak Park Matters (Local Current Events) 11:30am – 12:30pm Domino/Chess Club 1pm – 2pm <i>(Sign up for Donated Food Service)</i>	23 Donated food delivery Service 10am – 12pm	24 Morning Exercise 10am – 11am Bingo 11:30am – 12:30pm Birthday Parade 1pm – 2pm Service Coordination 12pm – 2pm	25 Thanksgiving Dinner Delivery TBA	Closed for the Holiday	
28	29 Morning Exercise 10am – 11am Oak Park Matters (Local Current Events) 11:30am – 12:30pm Domino/Chess Club 1pm – 2pm <i>End of door decorating contest</i>	30				