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US POSTAGE
PAID
OAK PARK IL
PERMIT 857

Please contact Heather Lindstrom, Director of Marketing, to schedule your tour.
Phone (708) 386-4040 Fax (708) 386-0141 www.oakparkarms.com

OAK PARK ARMS STAFF

Moses Williams
Executive Director
Bonnie Benson
Assistant Director
Heather Lindstrom
Director of Marketing
Judy Peterson
Home Care Manager
Desi Vasquez
Social Programming Director
Jennifer Morales, M.S.W.
Life Enrichment Coordinator
Danuta Nagi
Housekeeping Manager
Mike Yracheta
Engineer
Tyrone Clark
Food Service Manager
Joy Catterson, R.N.
Nurse
Marzena Mbarek
Adult Day Care Program Coordinator and Front Desk Manager

CHECK YOUR WEEKLY SCHEDULE

for game listings, bus service to cultural outings, religious services, medical, bank and grocery trips!

Free & Open to the Public
Exercise Schedule Monday-Friday

AM	Monday	9:30 am	Sit & Be Fit
	Tuesday	9:30 am	Chair Yoga & Meditation
		10:30 am	Walk & Roll
	Wednesday	9:30 am	Sit & Be Fit
	Thursday	9:30 am	Fall Prevention
			West Suburban Hospital
	Friday	9:30 am	Sit & Be Fit
PM	Monday	1:00pm	Interim Wellness Exercise
	Monday	5:00pm	Walk & Roll
	Tuesday	1:00pm	Happy Body Workshop
	Wednesday	1:00pm	Yoga for Everyone
	Thursday	1:00 pm	Power Tai Chi

OAK PARK ARMS *Revue*

Independent, Assisted Living & Short-Term Rental Community
May ~ June 2017 | VOL. 46 No. 25

FREE & OPEN TO THE PUBLIC!

IT'S ALL AT THE ARMS

FIEESTA!
PROM 2017



Music | Dancing | Refreshments

PROM 2017 Friday, June 16th 6-9pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2017 Birthdays 6-9 Donna Marcellion 6-10 Della Ross 6-17 Ulric Crosby 6-18 Nancy Elsmo 6-19 John Keefe 6-30 Johanna Monaghan 		Monday Night Concert Series 7pm 5/8 <i>Eric Schneider Duo</i> 6/12 <i>Andy Brown: Guitar</i> <i>Russ Philips: Trombone</i> 6/26 <i>Jeremy Kahn Solo Piano</i> 		1 9:30 Fall Prevention Exer. 10:00 Spanish Class 10:00 <i>Weaving</i> 11:30 Craft & Chat 1:00 Tai Chi 1:00 <i>Crochet/Needlecraft</i> 1-2 Julian School Visit 3:00 Afternoon Social 6:00 Holy Communion 6:30 Sing Along	2 9:30 Sit & Be Fit 11:00 Miniature Golf 11:00 First Friday Mass 1:00 <i>Art / Painting</i> <i>w/ Nancy Fong</i> 3:00 Afternoon Social 4&7 Movie Time	3 8:00 Rummage Sale 9:30 <i>Italian Class</i> 10:00 Market Musicians 11:00 In Town Bus Service 1:00 Walgreens/Wal-Mart 3:00 Afternoon Social 6:00 Bingo 7:30 Manager's Social Hosts :Dorothy & Tyrone
4 8:00 In Town Bus Service To local Religious Services 10:15 Communion 11:45 Bingo 12:30 Manny's 3:00 Sunday Social 4&7 Movie Time	5 9:30 Sit & Be Fit 10:00 <i>Open Studio</i> 11:00 Miniature Golf 11:00 Italian Adventures 1:00 Sit & Be Fit 3:00 Afternoon Social 5:00 Volunteer Night Walk & Roll 5:30 Wii with Tim	6 9:30 <i>Yoga/Meditation</i> 11:00 <i>Intermediate French</i> 1:00 Investment Club 1:00 Happy Body Wkshp Computer Class 2:00 Reader's Theatre Reh. 3:00 Afternoon Social 4&7 Movie Time	7 9:30 Sit & be Fit R 9:30 Computer Class 9:30 <i>Scribblers</i> 10:00 Puzzle Hour R 12:00 <i>Dupl. Bridge</i> 1:00 Yoga for All R 2:15 Chorus R 6:00 Bible study	8 9:30 Fall Prevention Exer. 10:00 School Visit 10:00 Spanish Class 11:00 Dance Class SALSA 12:00 Tap Dance Class 11:30 Craft & Chat 1:00 Tai Chi 1:00 <i>Crochet/Needlecraft</i> 2:00 Resident Meeting 6:00 Holy Communion	9 9:30 Sit & Be Fit 11:00 Miniature Golf 1:00 Art / Painting w/ Nancy Fong 2:00 OPA Opera Film & Discussion: Fidelio Dan Kane Hosts 3:00 Afternoon Social 4&7 Movie Time	10 9:30 <i>Italian Club</i> 10:00 Market Musicians 11:00 In Town Bus Service 1:00 Walgreens/ WalMart & Meijers Trip 3:00 Afternoon Social 4:00 Movie Time 6:00 Bingo
11 8:00 In Town Bus Service 10:15 Communion 11:45 Bingo w/ Prizes 2-6 Ethnic Food Night Mexican Food 3:00 Afternoon Social 4&7 Movie Time	12 9:30 Sit & Be Fit 10:30 <i>Open Studio</i> 1:00 Interim Exer. 3:00 Afternoon Social 5:00 Volunteer Night Walk & Roll 5:30 Wii with Tim 6:30 Rosary 7:00 Monday Night Concert Andy Brown Duo	13 9:30 <i>Yoga/Meditation</i> 10:00 <i>Weaving</i> 10:30 Interim Lecture: Cataract & Glaucoma 12:30 <i>Ceramics</i> 1:00 Happy Body Wkshp 2:00 Reader's Theatre Reh. 7:00 Bingo	14 9:30 Sit & Be Fit 9:30 <i>Scribblers</i> 10:00 Puzzle Hour 12:00 <i>Dupl. Bridge</i> 1:00 Yoga for All 1:00 Woodshop 2:15 Chorus 3:00 Afternoon Social 4:30 Dine Out	15 9:30 W. Sub Fall Prev. 10:00 North Riverside Mall 10:00 Spanish Class 11:00 <i>German</i> 11:30 Craft & Chat 1:00 <i>Crochet/Needlecraft</i> 1:00 Tai Chi 2:30 Meet & Greet 3:00 Afternoon Social 4&7 Movie Time	16 SENIOR SENIOR PROM 9:30 Sit & Be Fit 10:00 Jewel Grocery 11:00 Miniature Golf 1:00 <i>Fong Art / Painting</i> 1:00 Bunco 3:00 Afternoon Social 4&7 Movie Time 6-9 SENIOR SENIOR PROM FIESTA 2017 Music, Dancing & Refreshment	17 9:30 <i>Italian Club</i> 10:00 <i>Repair Cafe</i> 10:00 Market Musicians 11:00 In Town Bus Service 11:30 Men's Day BBQ 1:00 Walgreen's/Walmart 1:00 Garfield Conservatory 3:00 Afternoon Social 4&7 Movie Time 6:00 Bingo
18 Celebrating Father's Day! 8:00 In Town Bus Service To Local religious Services 10:15 Communion 11:45 Bingo w/ Prizes 3:00 Sunday Social 4&7 Movie Time	19 9:30 Sit & Be Fit 11:00 <i>Smart Phone Help</i> 1:00 Interim Exercise 4:00 Library Craft 5:00 Volunteer Night Walk & Roll 5:30 Wii 6:00 Pet Therapy 6:30 Rosary	20 9:30 <i>Yoga/Meditation</i> 10:00 <i>Open Studio</i> 11:00 <i>Intermediate French</i> 12:30 <i>Ceramics</i> 1:00 Happy Body Wkshp 2:00 Reader's Theatre Reh. 3:00 Afternoon Social 7:00 Bingo	21 9:30 Sit & Be Fit R 9:30 <i>Scribblers</i> 10:00 Puzzle Hour R 1:00 Yoga for All R 1-3 <i>Lapidary</i> 3:00 Afternoon Social 4&7 Movie Time 6:00 Bible Study	22 9:30 W. Sub Fall Prev. 10:00 Spanish Class 10:00 <i>Weaving</i> 11:00 <i>German Class</i> 11:30 Craft & Chat 1:00 Bingo w/ Prizes 1:00 Tai Chi 1:00 <i>Crochet/Needlecraft</i> 3:00 Afternoon Social 4&7 Movie Time	23 9:30 Sit & Be Fit 10:00 Jewel Grocery 11:00 Mini Golf 1:00 Book Club <i>Aviator's Wife</i> 1:00 <i>Fong Art Class</i> <i>Painting</i> 3:00 Wine and Cheese Afternoon Social 6:00 OPA MUSIC CLUB	24 9:30 <i>Italian Class</i> 10:00 Market Musicians 11:00 In Town Bus Service 1:00 Walgreens/Wal-Mart 3:00 Afternoon Social 3:00 Clover's 4&7 Movie Time 6:00 Bingo
25 8:00 In Town Bus Service To local Religious Services 10:15 Communion 11:45 Bingo w/ Prizes 2:00 Radio Show 3:00 Sunday Social 4&7 Movie Time	26 9:30 Sit & Be Fit 10:30 <i>Open Studio</i> 11:00 <i>Smart Phone Help</i> 1:00 Interim Exercise 5:00 Walk & Roll 5:30 Wii w/ Tim 6:30 Rosary 7:00 Monday Night Concert Jeremy Kahn	27 9:30 <i>Yoga/Meditation</i> 10:00 <i>Open Studio</i> 11:00 <i>Intermediate French</i> 12:30 <i>Ceramics</i> 1:00 Happy Body Wkshp 2:00 Reader's Theatre Reh. 3:00 Afternoon Social 4&7 Movie Time 7:00 Bingo	28 9:30 Sit & be Fit 9:30 <i>Scribblers</i> 10:00 Puzzle Hour 11:00 Craft & Chat 1:00 Yoga for All 2:15 Chorus 3:00 Afternoon Social 4:30 Dine Out 4&7 Movietime	29 9:30 Fall Prevention Exer. 9:30 <i>Weaving Studio</i> 10:00 Spanish Class 11:00 <i>German Class</i> 1:00 Tai Chi 1:00 <i>Crochet/Needlecraft</i> 2:00 Food Committee 3:00 Afternoon Social 7:00 Birthday Party 8:00 Big Band Fun	30 9:30 Sit & Be Fit R 11:00 Mini Golf 1:00 <i>Art/ Painting</i> w/ Nancy Fong 1:00 Bunco Game 2:00 Andre on Organ 3:00 Afternoon Social 4&7 Movie Time	FREE <i>Summer Library Craft</i> at OPA with Sara & Jenny from Oak Park's Dole Library Monday, June 19th at 4pm