

# OAK PARK VILLAGE AT SLIDELL



• Everyday - 1:00 Walking Club (weather permitting) • Every Tuesday - 1:00 Walmart • Every Wednesday - 11:30 Lunch Outing • Every Thursday - 1:00 Mall Walks

## MONDAY

10:00 Gentle Stretching  
 10:30 Stretch & Strengthen  
 11:00 Wii Bowling  
 2:00 Happy Hour  
 3:00 Music Monday  
 7:00 Card Club

## TUESDAY

9:00 Friendly Visits  
 10:30 Sittercise  
 11:00 Pet Therapy  
 2:00 Happy Hour  
 2:15 Bingo  
 4:00 Polka Music  
 6:00 Movie

## WEDNESDAY

9:00 Bible Study  
 10:30 Stretch & Strengthen  
 11:00 Pick Your Art  
 2:00 Happy Hour  
 3:15 Rehydrate  
 4:00 Balloon Volley  
 7:15 Worship Service

## THURSDAY

10:00 Dog Visits  
 10:30 Sittercise  
 11:00 Brain Games  
 1:00 Bean Bag Toss  
 2:00 Happy Hour  
 3:00 Music with Melody  
 6:00 Painter's Pick

## FRIDAY

9:00 Smooth Moves  
 10:30 Stretch & Strengthens  
 11:00 Favorite One Dish  
 1:00 Meals  
 2:00 Table Games  
 6:00 Happy Hour

## SATURDAY

9:30 Nail Care  
 10:30 Stretch & Strengthen  
 11:00 Book Club  
 2:15 Bingo  
 4:00 Men's Club

## SUNDAY

10:00 Stretch & Strengthen  
 11:00 Church Service  
 1:30 Devotion  
 3:00 Fellowship  
 4:00 Women's Club

[Sample Calendar](#)