

Grace Center Daily Activities



April 2018 GRACE CENTER ACTIVITY CALENDAR



**7:30 - Social Hour
- Refreshments**

8:45 - Morning Activity
(See Calendar)

9:30 - Exercise:

Morning Warm Up, Standing Balance, Laps, Group Games, Upper & Lower Extremity Exercises, Weights, and Gym.

Wed.: 10:30-11:30

Grace Center Wellness Group

11:45 - Lunch

(see reverse for Menu)

12:15 - options:

M-F: Rest Period or Gym
M,T, & Th: Exercise Club
W: Walking Group
F: Advanced Yoga

1:30 - Main Activity

(See Calendar; Activities are subject to change)

2:30 - Snack Time

3:00 - Last Call:

Gym or see calendar

5:00 - Light Pre-dinner Meal

5:30 - Closing Time

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 - Rhyme Time 2 1:30 - Poetry Reading with Chase 1:30 - City Guide: Venice Video and Discussion with Debbie 1:30 - Rhythm Circle with Ru 3:00 - Card Games	8:45 - Fact or Fiction 3 1:30 - Inner Strength Gospel Singers 1:30 - Woodshop with Corinne 1:30 - Art with Chase 3:00 - Crossword	8:45 - Scattegories 4 1:30 - Music with Too Slim Tom & Miz Marsha 1:30 - Beading with Ru 1:30 - Stories with Chase 3:00 - Dominoes	8:45 - Shake-n-Share 5 1:30 - Birding with Debbie 1:30 - Music with Ru 1:30 - Rock Club with Chase 3:00 - Color Bird Pictures	8:45 - ABC Category 6 1:30 - Larry on Keyboard 1:30 - Tai Chi with Chase 1:30 - Salon Day with Ru 3:00 - Word Searches
8:45 - Jumbles 9 1:30 - Ceramics with Liz 1:30 - Ru's Sing-a-Long 1:30 - Italy: Tuscany Video and Discussion with Debbie 3:00 - Dominoes	8:45 - Tic-tac-toe 10 11:30 - Elks Luncheon 1:30 - BINGO 1:30 - Textile Time with Deb 1:30 - Stories with Chase 3:00 - Color Mandalas	8:45 - Crossword 11 1:30 - Patchwork with Deb 1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - Card Games	8:45 - Current Events 12 10:50 LPMS ART 1:30 - Atlases with Deb 1:30 - Gardening with Corinne 1:30 - Salon Day with Ru 3:00 - Rock-n-Roll	8:45 - Cracking the Code 13 11:00 - OUTING: Willamette Agate & Mineral Show 1:30 - Sing-a-Long with TMC 1:30 - Yarn Tails with Cat 3:00 - Crossword
8:45 - Hangman 16 1:30 - Word Master Chase 1:30 - Ru's Rhythm Circle 1:30 - Visions of Italy Video & Discussion with Debbie 3:00 - BINGO	8:45 - Trivia 17 1:30 - Music with Carl and Cindy 1:30 - Salon Day with Ru 1:30 - Art with Chase 3:00 - Word Searches	8:45 - ABC Category 18 1:30 - Jeff on Guitar 1:30 - Woodshop with Corinne 1:30 - Stories with Chase 3:00 - Dominoes	8:45 - Fact or Fiction 19 1:30 - Drumming with Dave and Rita 1:30 - Earth Day Dirt Pudding 1:30 - Rock Club with Chase 3:00 - Scattegories	8:45 - Italian Trivia 20 12:45 PAC meeting 1:30 - Folk Music with Don & Lescia 1:30 - Gardening with Corinne 1:30 - Painting with Chase 3:00 - Card Games
8:45 - Italian Words & Phrases 23 1:30 - Ceramics with Liz 1:30 - Gym Games with Cat 1:30 - Visions of Italy Video and Discussion with Debbie	8:45 - Shake-n-Share 24 1:30 - OUTING: Garland Nursery 1:30 - The Highwayman 1:30 - Stories with Chase 3:00 - Color Flowers	<i>Liberation Day</i> 25 8:45 - Boggle 1:30 - Chef D goes to Italy 1:30 - Puzzling Pins with Corinne 1:30 - MIM with Chase 3:00 - Stroll in the Garden	8:45 - Italian Art & Music 26 10:50 LPMS ART 1:30 - Accordion Music with Darlene & John 1:30 - Woodshop with Corinne 1:30 - Deb's Beauty Spa 3:00 - BINGO	8:45 - Scattegories 27 1:30 - Welcome Waggers 1:30 - Tai Chi with Chase 1:30 - Gelatos with Debbie 3:00 - Karaoke
8:45 - Crossword 30 1:30 - OSU Newman Center Talent Show 1:30 - Gardening with Corinne 1:30 - Visions of Italy Video				