



April 2019 GRACE CENTER ACTIVITY CALENDAR

Daily Activities

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.

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 - Current Events 1 1:30 - Music: Too Slim Tom & Miz Marsha 1:30 - Travel to the Middle East with Deb 3:00 - Dominoes	8:45 - Shake-n-Share 2 1:30 - Rhythm Circle with Ru 1:30 - Art with Chase 3:00 - Yahtzee	8:45 - Cracking the Code 3 1:30 - Stories with Chase 1:30 - Garden w/ Corinne 3:00 - Karaoke	8:45 - Fact or Fiction 4 1:30 - Ru's Sing-a-Long 1:30 - Woodshop with Corinne 3:00 - March Madness	8:45 - ABC Category 5 1:30 - Larry on Keyboard 1:30 - Painting with Chase 3:00 - Color Mandalas
8:45 - Scattegories 8 1:30 - Ceramics with Liz 1:30 - Outing: Garland Nursery 3:00 - Dominoes	8:45 - Priceless 9 11:30 - Elks Luncheon 1:30 - Hula with Ru 1:30 - Stories w/Chase 3:00 - Card Games	8:45 - Crossword 10 1:30 - Jeff on Guitar 1:30 - Beauty Spa with Debbie 3:00 - Crossword	8:45 - Hangman 11 10:45 Linus Pauling Students Art 1:30 - Storytelling John and Louise 1:30 - Guitar with Charlie 3:00 - Yarn Tails	8:45 - Boggle 12 1:30 - Ru's Sing-A-Long 1:30 - Tai Chi with Chase 3:00 - Bunny Hop
8:45 - Current Events 15 1:30 - Art with Chase 1:30 - Travel to the Middle East with Deb 3:00 - Dominoes	8:45 - Fact or Fiction 16 1:30 - Music with Sid & Sherri 1:30 - Chef D colors eggs for Easter 3:00 - Sewing Circle	8:45 - Easter Trivia 17 1:30 - Music with Don & Lescia 1:30 - Floral Button Pins with Debbie 3:00 - Color Easter Card	8:45 - Shake-n-Share 18 1:30 - Drumming with Dave and Rita 1:30 - Salon Day with Ru 3:00 - Card Games	8:45 - Hide the eggs 19 9:30 - Easter Egg Hunt 1:30 - Ru's Gym Games 1:30 - Chef D devils eggs 3:00 - Karaoke
Earth Day 22 8:45 - Crossword 1:30 - Welcome Waggers 1:30 - Middle East with Cat and Chef D 3:00 - Crossword	8:45 - I Spy 23 1:30 - Art with Chase 1:30 - Garden with Corinne 3:00 - Board Games	24 Closed for Training	8:45 - Trivia 25 10:45 Linus Pauling Students Art 1:30 - Jeff on Guitar 1:30 - Beauty Spa with Debbie 3:00 - Cat's Cradle	8:45 - Priceless 26 1:30 - Outing: Fine Woodworking Exhibit: Library 1:30 - Painting with Chase 3:00 - Color Birds
8:45 - Boggle 29 1:30 - Ceramics with Liz 1:30 - Hula with Ru 3:00 - Dominoes	8:45 - Hangman 30 1:30 - Documentary: One Strange Rock #3 1:30 - Woodshop with Corinne 3:00 - Karaoke			

