

August 2017 GRACE CENTER ACTIVITY CALENDAR

Grace Center 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.

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:


Group Games or Gym

5:00 - Light Pre-

dinner Meal

5:30 - Closing Time

**Open 2nd Sat.
10-5:30**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our Saturday Outing on August 12th will be a trip to the Oregon Gardens. (See the reverse for more info)</p>	<p>1 8:45 - Trivia 11:30 - Elks Luncheon 1:30 - BINGO 1:30 - Art with Chase 1:30 - Hula with Ru</p>	<p>2 8:45 - Scattegories 1:30 - Tie Dying T-Shirts with Debbie 1:30 - Salon Day with Ru 1:30 - Chase's Stories</p>	<p>3 8:45 - Current Events 12:30 - Outing: Benton County Fair 1:30 - Gym Games with Ru 1:30 - Eclipse Video with Deb</p>	<p>4 8:45 - Cracking the Code 1:30 - Larry on Keyboard 1:30 - Wii Bowling with Deb 1:30 - Painting with Chase</p>
<p>7 8:45 - Pictionary 1:30 - Music with Too Slim Tom and Miz Marsha 1:30 - Salon Day with Ru 1:30 - Eclipse Video and discussion with Debbie</p>	<p>8 8:45 - Factor Fiction 1:30 - Hula with Ru 1:30 - MIM Art with Chase 1:30 - Gardening with Debbie and Corinne</p>	<p>9 8:45 - Hangman 1:30 - Patchwork with Deb 1:30 - Gym Games with Ru 1:30 - Chase's Stories</p>	<p>10 8:45 - Shake-n-Share 1:30 - Welcome Waggers 1:30 - Rock Club with Chase 1:30 - Baseball: Fastball</p>	<p>11 8:45 - ABC Category 1:30 - TMC Tones Sing-a-Long 1:30 - Drying Herbs w/Debbie 1:30 - Tai Chi with Chase</p>
<p>14 8:45 - Scattegories 1:30 - Ceramics with Liz 1:30 - Rhythm Circle with Ru 1:30 - Eclipse Video and discussion with Debbie 2:00 Build your own Sundae</p>	<p>15 8:45 - Hot Pepper 1:30 - Chef D & Lucy make a Mexican dish 1:30 - Art with Chase 1:30 - Woodshop with Corinne</p>	<p>16 8:45 - Crossword 1:30 - Jeff on Guitar 1:30 - Beading with Ru 1:30 - Chase's Stories</p>	<p>17 8:45 - Constellations 1:30 - Janet's Sing-a-Long with Keyboard 1:30 - Salon Day with Ru 1:30 - Eclipse Painting: Chase</p>	<p>18 8:45 - Astronomy Words 1:30 - Solar Eclipse 1:30 - Beauty Spa with Deb 1:30 - Painting with Chase</p>
<p>21 Closed for the Solar Eclipse </p>	<p>22 8:45 - Current Events 1:30 - Folk Music with Don & Lescia 1:30 - MIM Art with Chase 1:30 - Textile Times w/Deb</p>	<p>23 8:45 - Words from Solar Eclipse 1:30 - Patchwork with Deb 1:30 - Gym Games with Ru 1:30 - Chase's Stories</p>	<p>24 8:45 - Fact or Fiction 1:30 - Clarinet and Cello with Lisa and Rose 1:30 - Fruit Sauce with Corinne 1:30 - Rock Club with Chase</p>	<p>25 8:45 - Crossword 1:30 - Tropical Ice Cream Social 1:30 - Salon Day with Ru 1:30 - Tai Chi with Chase</p>
<p>28 8:45 - Hangman 1:30 - Ceramics with Liz 1:30 - Rhythm Circle with Ru 1:30 - National Parks Video and Discussion with Debbie</p>	<p>29 8:45 - Shake-n-Share 1:30 - Gym Games with Debbie 1:30 - Art with Chase 1:30 - Salon Day with Ru</p>	<p>30 8:45 - Boggle 1:30 - Pickling with Chase 1:30 - Yarn Tails with Ru</p>	<p>31 8:45 - Scattegories 1:30 - Scavenger Hunt with Chase 1:30 - Chef D Tropical Drinks</p>	