

August 2018 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.

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
		1	2	3
		8:45 - Jumbles 1:30 - Welcome Waggars 1:30 - Stories with Chase 3:00 - Rhythm Circle	8:45 - Things at a County Fair 1:00 - Outing: Benton County Fair 1:30 - BINGO 3:00 - Tic Tac Toe	8:45 - Cracking the Code 1:30 - Larry on Keyboard 1:30 - Tai Chi with Chase 3:00 - Patio Time
6	7	8	9	10
8:45 - Current Events 1:30 - Ceramics with Liz 1:30 - Hawaii Travel Video and Discussion with Debbie 3:00 - Dominoes	8:45 - Shake-n-Share 1:30 - Music with Too Slim Tom & Miz Marsha 1:30 - Salon Day with Ru 3:00 - Card Games	8:45 - Hangman 1:30 - Ru's Gym Games 1:30 - MIM with Chase 3:00 - Color Mandalas	8:45 - Trivia 1:30 - Hula Hands w/ Ru 1:30 - Deb's Beauty Spa 3:00 - Garden Walk	8:45 - Do-Re-Mi 1:30 - Karaoke Friday 1:30 - Woodshop with Corinne 3:00 - Pool or Billards
13	14	15	16	17
8:45 - Boggle 1:30 - Outing: A trip to a Corvallis Park 1:30 - Volcano Video and Discussion with Debbie 3:00 - Dominoes	8:45 - Fact or Fiction 11:30 - Elks Luncheon 1:30 - Folk Music with Don & Lescia 1:30 - Stories with Chase 3:00 - Trivia	8:45 - Scattegories 1:30 - Jeff on Guitar 1:30 - Making Hawaiian Leis 3:00 - Card Games	8:45 - Words from Pineapple Mango 1:30 - Chef D's Tropical Smoothies 1:30 - Ru's Gym Games 3:00 - Hawaii Travel Video	Hawaii's Statehood Day 8:45 - Hawaii Facts 1:30 - Hula Dancers 1:30 - Painting with Chase 3:00 - Color Flowers
20	21	22	23	24
8:45 - Current Events 1:30 - Ceramics with Liz 1:30 - Ru's Rhythm Circle 3:00 - Garden Walk	8:45 - Numbers 1:30 - Art with Chase 1:30 - Garden Time with Corinne 3:00 - Dominoes	8:45 - Crossword 1:30 - Clarinet and Cello: Lisa and Rose 1:30 - MIM with Chase 3:00 - Patterns	8:45 - Shake-n-Share 1:30 - Surfer Movie 1:30 - Woodshop with Corinne 3:00 - Uno	8:45 - ABC Category 1:30 - Volcano Science 1:30 - Salon Day with Ru 3:00 - Scattegories
27	28	29	30	31
8:45 - Hangman 1:30 - Music with Carl & Cindy 1:30 - Rock Club with Chase 3:00 - Hawaii Travel Video	8:45 - Trivia 1:30 - BINGO 1:30 - Textile Times with Debbie 3:00 - Rhythm Circle	8:45 - Boggle 1:30 - Beauty Spa with Debbie 1:30 - Stories with Chase 3:00 - Quilt Squares	8:45 - Fact or Fiction 1:30 - Talia on the Grand Piano 1:30 - Uno Tournament 3:00 - Garden Walk	8:45 - Tangrams 1:30 - Karaoke Friday 1:30 - Painting with Chase 3:00 - Dominoes