

December 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

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 8:45 - Jumbles 1:30 - Ceramics with Liz 1:30—Ru's Rhythm Circle 1:30 - Victorian Era Video and Discussion with Debbie	5 8:45 - Fact or Fiction 11:30 - Elks Luncheon 1:30 - OK Chorale Singers 1:30 - Art with Chase 1:30 - Woodshop with	6 8:45 - Scattogories 1:30 - Music with Carl & Cindy 1:30 - Beading with Ru 1:30 - Chase's Stories	7 8:45 - Shake-n-Share 1:30 - Music with Too Slim Tom & Miz Marsha 1:30 - Salon Day with Ru 1:30 - Rock Club with Chase	1 8:45 - Paper Chain 1:30 - Larry on Keyboard 1:30 - Painting with Chase 1:30 - Salon Day with Ru
11 8:45 - ABC Category 1:30 - Chef D makes no bake cookies 1:30 - Ru's Christmas Carols 1:30 - Christmas Cards with Chase	12 <i>Hanukkah begins</i> 8:45 - Dreidel game 1:30 - Welcome Waggers 1:30 - Salon Day with Ru 1:30 - MIM with Chase	13 8:45 - Crossword 1:30 - Raging Grannies singing group 1:30 - Christmas Ornaments with Debbie 1:30 - Chase's Stories	14 8:45 - Current Events 10:50 LPMS Art Project 1:30 - Leslie Family Carols 1:30 - Hand warmers with Deb 1:30 - Tea Lights with Chase	8 8:45 - Hangman 1:30 - OUTING: Storybook Land in Albany
18 8:45 - Cracking the Code 1:30 - Ceramics with Liz 1:30 - Salon Day with Ru 1:30 - Victorian Era Video and Discussion with Debbie	19 8:45 - Trivia 1:30 - Songs with Stephanie 1:30 - Chef D bakes snickerdoodles 1:30 - Art with Chase	20 8:45 - Words from winter solstice 1:30 - Chef D makes hot cocoa mix in a jar 1:30 - Ru's Pass the Present 1:30 - Chases's Stories	21 First Day of Winter 8:45 - Fact or Fiction 1:30 - Drumming with Dave and Rita 1:30 - Salon Day with Ru 1:30 - Rock Club with Chase	15 8:45 - Rebus: Christmas Carols 1:30 - Jeff on Guitar 1:30 - Tai Chi with Chase 1:30 - Deb's Beauty Spa
	26 <i>Kwanzaa begins</i> 8:45 - Kwanzaa facts 1:30 - Learn about Kwanzaa 1:30 - Undecorate 1:30 - MIM with Chase	27 8:45 - Boggle 1:30 - Debbie's BINGO 1:30 - Chase's Stories 1:30 - Undecorate	28 8:45 - Ring in the New Year 1:30 - Spa Day with Debbie and Ru 1:30 - Ukulele Lew 1:30 - Snowflakes with Chase	22 8:45 - Scattogories 1:30 - Ugly Sweater Cookie Contest led by Chef D 1:30 - Painting with Chase 1:30 - Ru's Sing-a-Long
				29 8:45 - Resolutions 1:30 - New Year's Traditions with Debbie 1:30 - Ru's Rhythm Circle 1:30 - Tai Chi with Chase