

February 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.

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)



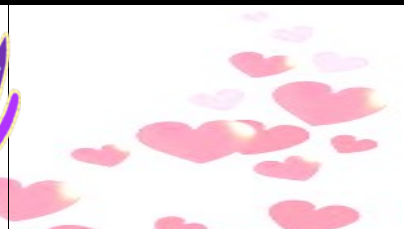

2:30 - Snack Time

3:00 - Last Call:

Gym or see calendar

5:00 - Light Pre-dinner Meal

5:30 - Closing Time

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:45 - Trivia 1:30 - Welcome Waggers 1:30 - Rock Club with Chase 1:30 - Deb's Beauty Spa 3:00 - BINGO	2 8:45 - Cracking the Code 1:30 - Larry on Keyboard 1:30 - Textile Times w/Deb 1:30 - Painting with Chase 3:00 - Card Games
5 8:45 - Jumbles 1:30 - Music with Too Slim Tom and Miz Marsha 1:30 - Salon Day with Ru 1:30 - To the Manor Born 3:00 - Dominoes	6 8:45 - Fact or Fiction 1:30 - Outing: Benton Co. Museum: Wood 1:30 - Beading with Ru 1:30 - Stories with Chase 3:00 - Sing-a-Long	7 8:45 - Scattegories 1:30 - The Silk Road presentation by Deb 1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - BUNCO	8 8:45 - Shake-n-Share 10:50 - LPMS art students 1:30 - Tie Dye t-shirts 1:30 - Sing-a-Long with Ru 1:30 - Valentines with Chase 3:00 - Dominoes	9 8:45 - Hangman 1:30 - Old Time Fiddlers 1:30 - Woodshop w/Corinne 1:30 - Tai Chi with Chase 3:00 - Pool/Billardrs
12 8:45 - ABC Category 1:30 - Art with Chase 1:30 - Ru's Rhythm Circle 1:30 - The Silk Road Video and discussion with Deb 3:00 - Card Games	13 Mardi Gras 8:45 - Mardi Gras Masks 11:30 - Elks Luncheon 1:30 - New Orleans Video and Discussion with Deb 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - BINGO	14 <i>Valentine's Day</i> 8:45 - Crossword 1:30 - Valentine's Party 3:00 - Coloring Mandalas	15 8:45 - Tic Tac Toe 1:30 - Jeff on Guitar 1:30 - Hmong Story Cloth w/Deb 1:30 - Rock Club with Chase 3:00 - Yahtzee	16 Chinese New Year 8:45 - Tangrams 1:30 - Drumming with Dave and Rita 1:30 - Textile Times w/Deb 1:30 - Painting with Chase 3:00 - Trivia
19 8:45 - Scattegories 1:30 - Ceramics with Liz 1:30 - Music with Ru 1:30 - The Silk Road video	20 8:45 - Current Events 1:30 - Rice with Chef D 1:30 - Woodshop w/Corinne 1:30 - Art with Chase 3:00 - Sing-a-Long	21 8:45 - Hangman 1:30 - Folk Music with Don and Lescia 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - BUNCO	22 8:45 - Fact or Fiction 1:30 - Outing: Bowling 1:30 - Gym Games with Ru 1:30 - Deb's Beauty Spa 3:00 - Wii Games	23 8:45 - Cracking the Code 1:30 - Heartland Humane Society visit 1:30 - Gardening 1:30 - Tai Chi with Chase 3:00 - Dancing
26 8:45 - Tangrams 1:30 - Ceramics with Liz 1:30 - Chinese Rhythm Circle 1:30 - Travel China video	27 8:45 - Shake-n-Share 1:30 - Music with Carl & Cindy 1:30 - Textile Times w/Deb 1:30 - Stories with Chase 3:00 - Crossword	28 8:45 - Boggle 1:30 - Patchwork 1:30 - Dance in the Gym 1:30 - MIM with Chase 3:00 - Yahtzee		 2018 Year of Dog