

February 2019 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

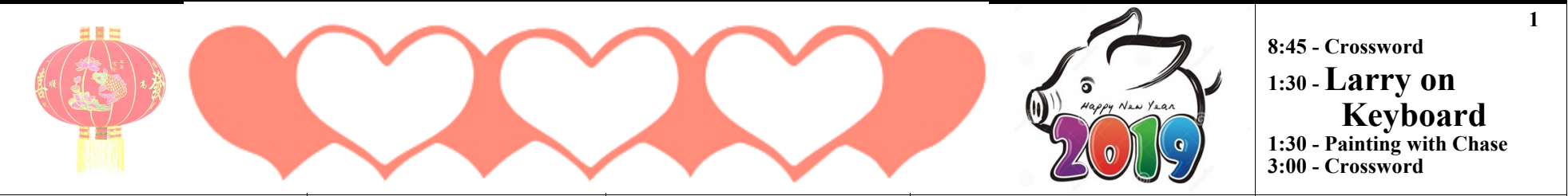
1:30 - Main Activity
(See Calendar; Activities are subject to change)

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
				
4	5	6	7	1
8:45 - Current Events 1:30 - Tea around the World with Debbie 1:30 - Beading with Ru 3:00 - Dominoes	8:45 - Year of the Pig 1:30 - OK Chorale 1:30 - Art with Chase 3:00 - Pass the Pig	8:45 - Cracking the Code 1:30 - Music w/Too Slim Tom and Miz Marsha 1:30 - Stories with Chase 3:00 - Valentine Cards	Pajama Day 8:45 - Fact or Fiction 10:45 Linus Pauling Students 1:30 - Chef D's Bon bons 1:30 - Ru's Gym Games 3:00 - Sewing Circle	8:45 - Crossword 1:30 - Larry on Keyboard 1:30 - Painting with Chase 3:00 - Crossword
11	12	13	14	15
8:45 - Chinese New Year 1:30 - Ceramics with Liz 1:30 - Sing-a-Long with Ru 3:00 - Mahjong	8:45 - Shake-n-Share 11:30 - Elks Luncheon 1:30 - Ru's Gym Games 1:30 - Stories with Chase 3:00 - Card Games	8:45 - Jumbles 1:30 - BUNCO 1:30 - Beauty Spa with Debbie 3:00 - Dominoes	8:45 - Hangman 1:30 - Valentine's Day Party with Jeff on Guitar 3:00 - Uno Challenge	8:45 - Boggle 1:30 - OUTING: Benton County Museum 1:30 - Dominoes 3:00 - Color Birds
18	19	20	21	22
8:45 - Current Events 1:30 - Chinese Culture with Cat 1:30 - Rock Club with Chase 3:00 - Dominoes	8:45 - Trivia 1:30 - Art with Chase 1:30 - Mahjong 3:00 - Lantern Festival	8:45 - Scattogories 1:30 - Music with Don & Lescia 1:30 - Stories with Chase 3:00 - Board Games	8:45 - I Spy 1:30 - Drumming with Dave and Rita 1:30 - Beauty Spa with Debbie 3:00 - Yarn Tails	8:45 - Crossword 1:30 - BINGO 1:30 - Tai Chi with Chase 3:00 - Crossword
25	26	27	28	
8:45 - ABC Category 1:30 - Jeff on Guitar 1:30 - Ceramics with Liz 3:00 - Dominoes	8:45 - Fact or Fiction 1:30 - Beading with Ru 1:30 - Stories with Chase 3:00 - Current Events	8:45 - Boggle 1:30 - Music with Sid & Sherri 1:30 - Salon Day with Ru 3:00 - Color Mandalas	8:45 - Pig trivia 1:30 - OUTING: OSU Swine Barn 1:30 - Sing-a-Long with Ru 3:00 - Pass the Pig	