

## 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**



# January 2018 GRACE CENTER ACTIVITY CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Closed for New Year's Day</b> 1</p>	<p>8:45 - New Years Goals 2 1:30 - Salon Day with Ru 1:30 - England with Deb: Video and Discussion 1:30 - Art with Chase 3:00 - Card Games</p>	<p>8:45 - Scattegories 3 1:30 - Old Time Fiddlers 1:30 - Textile Times w/Deb 1:30 - Stories with Chase 3:00 - Coloring Mandalas</p>	<p>8:45 - Shake-n-Share 4 1:30 - <b>Chef D: Scones &amp; High Tea</b> 1:30 - Singing with Ru 1:30 - Rock Club with Chase 3:00 - Wii Games</p>	<p>8:45 - Cracking the Code 5 1:30 - <b>Larry on Keyboard</b> 1:30 - Salon Day with Ru 1:30 - Painting with Chase 3:00 - Gym Games</p>
<p>8:45 - Jumbles 8 1:30 - <b>Ceramics with Liz</b> 1:30 - Rhythm Circle w/Ru 1:30 - To the Manor Born Video and Tea with Debbie 3:00 - Dominoes</p>	<p>8:45 - Fact or Fiction 9 11:30 - Elks Luncheon 1:30 - Music: Too Slim Tom &amp; Miz Marsha 1:30 - England with Debbie: Video and Discussion 1:30 - Stories with Chase 3:00 - Board Games</p>	<p>8:45 - Hangman 10 1:30 - <b>Patchwork</b> 1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - Western Stories</p>	<p>8:45 - Trivia 11 1:30 - <b>Tea around the World with Debbie</b> 1:30 - Salon Day with Ru 1:30 - Woodshop with Corinne 3:00 - BINGO</p>	<p>8:45 - ABC Category 12 1:30 - <b>Music: Blues &amp; Sunshine</b> 1:30 - Yarn Tails with Ru 1:30 - Tai Chi with Chase 3:00 - East Lounge Games</p>
<p>8:45 - Words: United Kingdom 15 1:30 - <b>Jeff on Guitar</b> 1:30 - Beading with Ru 1:30 - To the Manor Born Video and Tea with Debbie 3:00 - Sing a song</p>	<p>8:45 - Current Events 16 1:30 - Gym Games w/Ru 1:30 - Formal Place Settings with Debbie 1:30 - Art with Chase 3:00 - Music time</p>	<p>8:45 - Cracking the Code 17 1:30 - <b>Folk Music with Don &amp; Lescia</b> 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Trivia Time</p>	<p>8:45 - Tic Tac Toe 18 10:50 - LPMS Art 1:30 - <b>Drumming with Dave &amp; Rita</b> 1:30 - The Perfect English Village Video &amp; Discussion with Debbie 1:30 - Rock Club with Chase 3:00 - Wii Games</p>	<p>8:45 - Scattegories 19 1:30 - <b>Outing: Carousel</b> 1:30 - Deb's Beauty Spa 1:30 - Painting with Chase 3:00 - Gym Games</p>
<p>8:45 - Hangman 22 1:30 - <b>Ceramics with Liz</b> 1:30 - Woodshop w/Corinne 1:30 - To the Manor Born Video and Tea with Debbie 3:00 - Dominoes</p>	<p>8:45 - Shake-n-Share 23 1:30 - Salon Day with Ru 1:30 - <b>Chef D: English Food Bangers &amp; Mash</b> 1:30 - Stories with Chase 3:00 - BINGO</p>	<p><i>Dental Screening Day</i> 24 8:45 - Jumbles 1:30 - <b>Patchwork</b> 1:30 - Music with Ru 1:30 - MIM with Chase 3:00 - Western Stories</p>	<p>8:45 - Fact or Fiction 25 1:30 - <b>Music with Carl and Cindy</b> 1:30 - Visions of England Video &amp; Discussion w/Debbie 1:30 - Mini Outing: Rock Shop 3:00 - TV Games</p>	<p>8:45 - Sudoku 26 1:30 - <b>BUNCO</b> 1:30 - Mandalas with Deb 1:30 - Tai Chi with Chase 3:00 - East Lounge Games</p>
<p>8:45 - ABC Category 29 1:30 - Paper Marbling 1:30 - Rhythm Circle w/Ru 1:30 - To the Manor Born Video and Tea with Debbie 3:00 - Sing a song</p>	<p>8:45 - Tic Tac Toe 30 1:30 - <b>Where in the World is Debbie?</b> 1:30 - Woodshop w/Corinne 1:30 - Art with Chase 3:00 - Card Games</p>	<p>8:45 - Words from British Isles 31 1:30 - <b>Movie</b> 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Music Time</p>		