

# July 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
<p>8:45 - Jumbles 2</p> <p>1:30 - <b>BUNCO</b></p> <p>1:30 - Rock Club w/Chase</p> <p>1:30 - Garden with Corinne</p> <p>3:00 - Card Games</p>	<p>8:45 - Shake-n-Share 3</p> <p>1:30 - 4-H animals: Pigeons and Rabbits</p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Art with Chase</p> <p>3:00 - Trivia</p>	<p>8:45 - Independence Day 4</p> <p><b>CLOSED for</b></p> 	<p>8:45 - Independence Day 5</p> <p>1:30 - <b>Music with Carl and Cindy</b></p> <p>1:30 - Woodshop with Corinne</p> <p>1:30 - Deb's Beauty Spa</p> <p>3:00 - Garden Walk</p>	<p>8:45 - Cracking the Code 6</p> <p>1:30 - <b>Larry on Keyboard</b></p> <p>1:30 - Deb's Flower arranging</p> <p>1:30 - Painting with Chase</p> <p>3:00 - Color Mandalas</p>
<p>8:45 - Crossword 9</p> <p>1:30 - <b>Music with Too Slim Tom and Miz Marsha</b></p> <p>1:30 - <b>Ceramics with Liz</b></p> <p>1:30 - Travel France video and Discussion with Debbie</p> <p>3:00 - Dominoes</p>	<p>8:45 - Fact or Fiction 10</p> <p>11:30 - Elks Luncheon</p> <p>1:30 - Heartland Humane Society: Cats &amp; Kittens</p> <p>1:30 - Textile Times w/Debbie</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Patio Time</p>	<p>8:45 - Hangman 11</p> <p>1:30 - <b>Tea Time with Debbie</b></p> <p>1:30 - Gym Games with Ru</p> <p>1:30 - MIM with Chase</p> <p>3:00 - Card Games</p>	<p>8:45 - Trivia 12</p> <p>1:30 - <b>Outing: Andersons Blues</b></p> <p>1:30 - Stories with Chase</p> <p>1:30 - Salon Day with Ru</p> <p>3:00 - Word Search</p>	<p>8:45 - Pictionary 13</p> <p>1:30 - <b>Movie</b></p> <p>1:30 - Deb's Flower arranging</p> <p>1:30 - Tai Chi with Chase</p> <p>3:00 - Garden Walk</p>
<p>8:45 - Bastille Day Trivia 16</p> <p>1:30 - <b>Jeff on Guitar</b></p> <p>1:30 - Woodshop with Corinne</p> <p>1:30 - Travel France video and Discussion with Debbie</p> <p>3:00 - Dominoes</p>	<p>8:45 - Currents Events 17</p> <p>1:30 - <b>Blueberry Jam</b></p> <p>1:30 - Art with Chase</p> <p>1:30 - Music with Ru</p> <p>3:00 - Checkers</p>	<p>8:45 - Scattegories 18</p> <p>1:30 - <b>Folk Music with Don and Lescia</b></p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Color Flowers</p>	<p>8:45 - Shake-n-Share 19</p> <p>1:30 - <b>Fluid Art with Chase</b></p> <p>1:30 - <b>Hula with Ru</b></p> <p>1:30 - Garden with Corinne</p> <p>3:00 - Trivia</p>	<p>8:45 - ABC Category 20</p> <p>1:30 - <b>TMC Tones Sing-a-Long</b></p> <p>1:30 - Chef D makes Ice cream</p> <p>1:30 - Painting with Chase</p> <p>3:00 - Karaoke</p>
<p>8:45 - Boggle 23</p> <p>1:30 - <b>Corvallis Square Dancers</b></p> <p>1:30 - Travel France video and Discussion with Debbie</p> <p>1:30 - Rock Club with Chase</p> <p>3:00 - Dominoes</p>	<p>8:45 - Picnic Prep 24</p> <p>10:00 - <b>OUTING: Timber Linn Park</b></p> <p>3:30 - Card Games</p>	<p>8:45 - Crossword 25</p> <p>1:30 - <b>Accordion and Concertina Music</b></p> <p>1:30 - Deb's Beauty Spa</p> <p>1:30 - MIM with Chase</p> <p>3:00 - Patio Time</p>	<p>8:45 - Fact or Fiction 26</p> <p>1:30 - <b>BINGO</b></p> <p>1:30 - Birding with Debbie</p> <p>1:30 - Textile Times</p> <p>3:00 - Sorry!</p>	<p>8:45 - Hangman 27</p> <p>1:30 - Deb's Flower arranging</p> <p>1:30 - Stone Fruit Jam</p> <p>1:30 - Tai Chi with Chase</p> <p>3:00 - Color Birds</p>
<p>8:45 - Scattegories 30</p> <p>1:30 - <b>Ceramics with Liz</b></p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Travel France video and Discussion with Debbie</p> <p>3:00 - Dominoes</p>	<p>8:45 - Trivia 31</p> <p>1:30 - <b>Karaoke Debbie</b></p> <p>1:30 - Art with Chase</p> <p>1:30 - Garden w/Corinne</p> <p>3:00 - Word Search</p>	