

Grace Center Daily Activities

June 2017 GRACE CENTER ACTIVITY CALENDAR

7:30 - Social hour
- Refreshments

8:45 - Morning Activity
(See Calendar)

9:45-11:45-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
Open 2nd Sat. 10-5:30
**New Wed. 10-11:30
Caregiver Support Group

Monday	Tuesday	Wednesday	Thursday	Friday
	For Saturday June 10th we are planning a trip to Champoeg State Park (see the menu page for more info)		1 8:30 - Everyday Life 1:30 - Welcome Waggers 1:30 - Deb's Fashion Scene 1:30 - Garden Time with Corinne	2 8:30 - Current Event 1:30 - A visit from Duck duck 1:30 - Ru's East Lounge Games 1:30 - Tai Chi with Chase
5 8:30 - Jumbles 1:30 - Ceramics with Liz 1:30 - Music with Joe & Ru 1:30 - National Parks video w/discussion led by Debbie	6 8:30 - Shake-n-Share 11:30 - Elks Luncheon 1:30 - Making a Stepping Stone with Shannon 1:30 - Gym Music with Deb 1:30 - Memories in the Making Art with Chase	7 8:30 - Scattegories 1:30 - Music w/ Too Slim Tom & Miz Marsha 1:30 - Chase's Stories 1:30 - Textile Times with Ru	8 8:30 - Fact or Fiction 1:30 - Drift Away Massage with Cindy Milligan 1:30 - CHS: Spartacapella 1:30 - Garden Time with Corinne	9 8:30 - Cracking the Code 1:30 - TMC Tones Sing-a- Long 1:30 - Wii Bowling w/Debbie 1:30 - Painting with Chase
12 8:30 - Pictionary 1:30 - Ceramics with Liz 1:30 -Rhythm Circle w/ Ru 1:30 -National Parks video w/discussion led by Debbie	13  8:30 - Strawberries 1:30 - Chef D: Strawberry Shortcake 1:30 - Sing-a-Long with Ru 1:30 - Memories in the Making Art with Chase	14 Flag Day 8:30 - Hangman 1:30 - Patchwork with Ru 1:30 - Gym Games with Deb 1:30 - Chase's Stories 1:30 - Rock Painting at the Elks	15 8:30 - Everyday Life 1:30 - Jeff on Guitar 1:30 - Deb's Beauty Spa 1:30 - Rock Club Meeting	16 8:30 - ABC Category 1:30 - Ukulele Lew 1:30 - Ru's Yarn Tails 1:30 - Tai Chi with Chase
19 8:30 - Outing prep 9:30 - OUTING: GOING TO THE COAST 	20 8:30 - Vacations 1:30 - Movie: Vacation 1:30 - Deb's Flower Arranging 1:30 - Memories in the Making Art with Chase	21 8:30 - Crossword 1:30 - BINGO 1:30 - Chase's Stories 1:30 - Garden Time w/Corinne	22  8:30 - Current events 1:30 - Drumming with Dave and Rita 1:30 - Textile Times with Ru 1:30 - Strawberry Jam w/ Corinne	23 8:30 - Words from ice cream social 1:30 - Chef D making an Ice Cream Social 1:30 - Ru's East Lounge Games 1:30 - Painting with Chase
26 8:30 - Scattegories 1:30 - BUNCO 1:30 - Music with Joe & Ru 1:30 - National Parks video w/discussion led by Debbie	27 8:30 - Trivia 1:30 - Global Musical Instruments with Ru 1:30 - Memories in the Making Art with Chase 1:30 - Wii Bowling with Debbie	28 8:30 - Boggle 1:30 - Inner Faith Gospel Trio 1:30 - Ru's Yarn Tails 1:30 - Chase's Stories	29 8:30 - Summertime 1:30 - Folk Music with Don & Lescia 1:30 - Deb's Fashion Scene 1:30 - Garden Time with Corinne	30 8:30 - Africa 1:30 - Countries of AFRICA 1:30 - Gym Games with Deb 1:30 - Tai Chi with Chase