

June 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 dependent upon the weather
F: Advanced Yoga


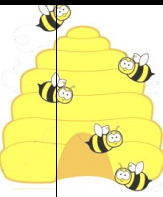



1:30 - Main Activity
(See Calendar; Activities are subject to change)

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 8:45 - Jumbles 1:30 - Ceramics with Liz 1:30 - Morgan's Suncatchers 1:30 - Salon Day with Ru 3:00 - Card Games	5 8:45 - Shake -n-Share 1:30 - Salvation Army Band 1:30 - Gabby's Fancy Frames 1:30 - Art with Chase 3:00 - Trivia	6 8:45 - Crossword 1:30 - BINGO 1:30 - MIM with Chase 1:30 - Woodshop with Corinne 3:00 - Color Mandalas	7 8:45 - Philippine Facts 1:30 - Philippine food: Lumpias with Abeth 1:30 - Beauty Spa with Debbie 1:30 - Garden with Corinne 3:00 - Word Searches	1 8:45 - ABC Category 1:30 - Larry on Keyboard 1:30 - Natural Dyes and Fibers with Corinne and Debbie 1:30 - Tai Chi with Chase 3:00 - Dominoes
11 8:45 - Hangman 1:30 - Ceramics with Liz 1:30 - Outing: Carousel 1:30 - Krakatoa Video and Discussion with Debbie 3:00 - Spinner Dominoes	12 Philippines Independence Day 8:45 - Fact or Fiction 11:30 - Elks Luncheon 1:30 - Guitar Masala 1:30 - Stories with Chase 1:30 - Birding w/Debbie 3:00 - Color Birds	13 8:45 - Scattegories 1:30 - Patchwork with Debbie 1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - Card Games	14 Flag Day 8:45 - Trivia 1:30 - Culture of the Philippines w/Deb 1:30 - Salon Day with Ru 1:30 - Woodshop with Corinne 3:00 - Mad Libs	15 8:45 - Pictionary 1:30 - Jeff on Guitar 1:30 - Beading with Ru 1:30 - Tai Chi with Chase 3:00 - Crossword
18 8:45 - Words from Karaoke music 1:30 - Karaoke Debbie 1:30 - Rock Club with Chase 1:30 - Garden with Corinne 3:00 - Dominoes	19 8:45 - Current Events 1:30 - Chef D makes Strawberry Shortcake 1:30 - Art with Chase 1:30 - Gym Games with Ru 3:00 - Card Games	20 8:45 - ABC Category 1:30 - Folk Music with Don and Lescia 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Garden Walk	21 <i>Summer Solstice</i> 8:45 - Shake-n-Share 1:30 - Drumming with Rita 1:30 - Beauty Spa with Debbie 1:30 - Garden Scavenger Hunt with Chase 3:00 - Color Flowers	22 8:45 - Crossword 1:30 - TMC Tones' Sing-a-Long 1:30 - Birding with Debbie 1:30 - Painting with Chase 3:00 - Trivia
25 8:45 - Scattegories 1:30 - Cruise on the QE2 Video & Discussion w/Cat 1:30 - Rock Club w/Chase 1:30 - Salon Day with Ru 3:00 - Card Games	26 Closed for an Educational Seminar 	27 8:45 - Boggle 10:30 - OUTING: Farmers Market and Mural Crawl 1:30 - Cat's Face Painting 1:30 - Gym Games with Ru 3:00 - Dominoes	28 8:45 - Fact or Fiction 1:30 - Making Strawberry Jam with Cat and Corinne 1:30 - Stories with Chase 1:30 - Beading with Ru 3:00 - Patio Time	29 8:45 - Hangman 1:30 - Welcome Waggers 1:30 - Tai Chi with Chase 1:30 - Woodshop w/Corinne 3:00 - Karaoke

Grace Center offers a Caregivers Support Group every second Wednesday 11:30-1:00. Bring a sack lunch, beverages will be provided. Call 541-754-8417 for more information.