



June 2019 GRACE CENTER ACTIVITY CALENDAR

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 - Current Events 3</p> <p>1:30 - Ceramics with Liz</p> <p>1:30 - Cat's Gym Games</p> <p>3:00 - Dominoes</p>	<p>8:45 - Shake-n-Share 4</p> <p>1:30 - OUTING: Jackson Frazier Wetlands</p> <p>1:30 - Art with Chase</p> <p>3:00 - Karaoke</p>	<p>8:45 - Crossword 5</p> <p>1:30 - BINGO</p> <p>1:30 - Tai Chi with Chase</p> <p>3:00 - Crossword</p>	<p>8:45 - ABC Category 6</p> <p>1:30 - Music with Too Slim Tom and Miz Marsha</p> <p>1:30 - Beauty Spa with Debbie</p> <p>3:00 - Sewing Circle</p>	<p>8:45 - Priceless 7</p> <p>1:30 - Larry on Keyboard</p> <p>1:30 - Sand candles with Chase</p> <p>3:00 - Board Games</p>
<p>8:45 - Scattegories 10</p> <p>1:30 - Jeff on Guitar</p> <p>1:30 - Woodshop with Corinne</p> <p>3:00 - Dominoes</p>	<p>8:45 - Trivia 11</p> <p>11:30 - Elks Luncheon</p> <p>1:30 - Young at Heart Singers</p> <p>1:30 - Salon Day with Ru</p> <p>3:00 - Card Games</p>	<p>8:45 - Cracking the Code 12</p> <p>1:30 - Corvallis Square Dancers</p> <p>1:30 - Garden time</p> <p>3:00 - Sewing Circle</p>	<p>8:45 - Fact or Fiction 13</p> <p>1:30 - Strawberry Shortcake with Chef D</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Oceanography</p>	<p>8:45 - Boggle 14</p> <p>1:30 - Welcome Waggers</p> <p>1:30 - Painting with Chase</p> <p>3:00 - Karaoke</p>
<p>8:45 - Crossword 17</p> <p>1:30 - Ceramics with Liz</p> <p>1:30 - Ocean Video & Discussion with Debbie</p> <p>3:00 - Crossword</p>	<p>8:45 - On this Day 18</p> <p>1:30 - Cooking with Cat</p> <p>1:30 - Woodshop with Corinne</p> <p>3:00 - Sea life and shells</p>	<p>8:45 - ABC Category 19</p> <p>1:30 - Music with Don and Lescia</p> <p>1:30 - Beauty Spa with Debbie</p> <p>3:00 - Walk in the Garden</p>	<p>8:45 - Shake-n- Share 20</p> <p>1:30 - Drumming with Dave and Rita</p> <p>1:30 - Sand Art with Debbie</p> <p>3:00 - Board Games</p>	<p style="text-align:center">All Day outing to the Coast</p> 
<p>8:45 - Current Events 24</p> <p>1:30 - Music with Lisa, Rose, & Amy: Clarinet, Cello and Harp</p> <p>1:30 - Salon Day with Ru</p> <p>3:00 - Dominoes</p>	<p>8:45 - Fact or Fiction 25</p> <p>1:30 - Bit by Bit: Horse Therapy</p> <p>1:30 - Art with Chase</p> <p>3:00 - Karaoke</p>	<p>8:45 - Boggle 26</p> <p>1:30 - Jeff on Guitar</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Card Games</p>	<p>8:45 - Hangman 27</p> <p>1:30 - Sydney the Goat visits in the garden</p> <p>1:30 - Beading with Ru</p> <p>3:00 - Yarn Tails</p>	<p>8:45 - Scattegories 28</p> <p>1:30 - Sunshine and Blues Band</p> <p>1:30 - Painting with Chase</p> <p>3:00 - Walk in the Garden</p>