

# March 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.

**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)



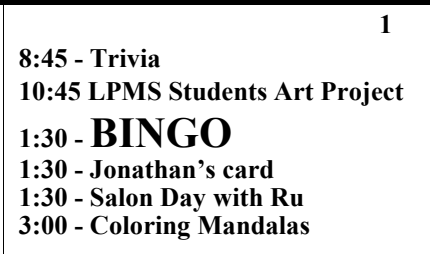
### 2:30 - Snack Time

### 3:00 - Last Call:

Gym or see calendar

### 5:00 - Light Pre-dinner Meal

### 5:30 - Closing Time

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>8:45 - Jumbles 5</p> <p><b>1:30 - Ceramics with Liz</b></p> <p>1:30 - Gardening with Corinne 1:30 - Historic Pubs Dublin Video and Discussion with Deb 3:00 - Card Games</p>	 <p>8:45 - Fact or Fiction 6</p> <p><b>1:30 - Deb's Good Luck Presentation</b></p> <p>1:30 - Dance in the Gym 1:30 - Art with Chase 3:00 - Crossword</p>	 <p>8:45 - Scattogories 7</p> <p><b>1:30 - OUTING: Finley Wildlife</b></p> <p>1:30 - Music Games with Ru 1:30 - Stories with Chase 3:00 - Bird BINGO</p>	<p>8:45 - Trivia 1</p> <p>10:45 LPMS Students Art Project</p> <p><b>1:30 - BINGO</b></p> <p>1:30 - Jonathan's card 1:30 - Salon Day with Ru 3:00 - Coloring Mandalas</p>	<p>8:45 - ABC Category 2</p> <p><b>1:30 - Larry on Keyboard</b></p> <p>1:30 - Woodshop with Corinne 1:30 - Painting with Chase 3:00 - Dominoes</p>
<p>8:45 - Hangman 12</p> <p><b>1:30 - Old Time Fiddlers</b></p> <p>1:30 - Rian's Fluffy Leis 1:30 - Celtic Women video and discussion with Debbie 3:00 - Dominoes</p>	<p>8:45 - Tic-tac-toe 13</p> <p>11:30 - Elks Luncheon</p> <p><b>1:30 - OK Chorale</b></p> <p>1:30 - Stories with Chase 1:30 - Salon Day with Ru 3:00 - Card Games</p>	<p>8:45 - Crossword 14</p> <p><b>1:30 - Patchwork</b></p> <p>1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - Sing-a-Long</p>	<p>8:45 - Current Events 15</p> <p><b>1:30 - Drumming with Dave and Rita</b></p> <p>1:30 - Beauty Spa 1:30 - Gardening with Corinne 3:00 - Wii Games</p>	<p>8:45 - St Patrick's Trivia 16</p> <p>12:45 PAC Meeting</p> <p><b>1:30 - Jeff on Guitar</b></p> <p>1:30 - Travel Ireland Video 1:30 - Painting with Chase 3:00 - Black Jack</p>
<p>8:45 - Tangrams 19</p> <p><b>1:30 - Ceramics with Liz</b></p> <p>1:30 - Rhythm Circle with Ru 1:30 - Celtic Thunder video and discussion with Debbie 3:00 - BINGO</p>	<p>8:45 - Irish Songs 20</p> <p><b>1:30 - Chef D makes an Irish Dish</b></p> <p>1:30 - Woodshop with Corinne 1:30 - Art with Chase 3:00 - Dominoes</p>	<p>8:45 - ABC Category 21</p> <p><b>1:30 - Folk Music with Don and Lescia</b></p> <p>1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Crossword</p>	<p>8:45 - Fact or Fiction 22</p> <p>10:45 LPMS Students Art Project</p> <p><b>1:30 - Scavenger Leprechaun Hunt</b></p> <p>1:30 - Gym Games with Ru 1:30 - Beauty Spa 3:00 - Card Games</p>	<p>8:45 - Boggle 23</p> <p><b>1:30 - OUTING: Albany Carousel</b></p> <p>1:30 - Ru's Sing-a-Long 1:30 - Tai Chi with Chase 3:00 - Coloring Mandalas</p>
<p>8:45 - Irish Sayings 26</p> <p><b>1:30 - Corvallis Celtic Dance</b></p> <p>1:30 - Yarn Tails with Ru 1:30 - Marbling Eggs 3:00 - Tea Cozy with Corinne</p>	<p>8:45 - Shake-n-Share 27</p> <p><b>1:30 - Movie: Darby O'Gill &amp; the little People</b></p> <p>1:30 - Gym Games with Ru 1:30 - Stories with Chase 3:00 - Trivia</p>	<p>8:45 - Hangman 28</p> <p><b>1:30 - Patchwork</b></p> <p>1:30 - Music with Ru 1:30 - MIM with Chase 3:00 - Dominoes</p>	<p>8:45 - Tic-tac-toe 29</p> <p><b>1:30 - Welcome Waggers</b></p> <p>1:30 - Coloring Eggs 1:30 - Salon Day with Ru 3:00 - Sing-a-Long</p>	<p>8:45 - Hide the Easter Eggs 30</p> <p>9:30 - Easter Egg Hunt</p> <p><b>1:30 - BUNCO</b></p> <p>1:30 - Gardening with Corinne 1:30 - Painting with Chase 3:00 - Tangrams</p>

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.