

May 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
weather permitting
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>1</p> <p>8:45 - Flower Jumbles 1:30 - Flowers with Deb 1:30 - Rhythms with Cat 1:30 - Art with Chase 3:00 - Color Flowers</p>	<p>2</p> <p>8:45 - Crossword 1:00 - Outing: Benton Co. Museum 1920's Display 1:30 - Gym Games with Cat 1:30 - Cultures of Mexico 3:00 - Card Games</p>	<p>3</p> <p>8:45 - Mexico 10:50 LPMS Art 1:30 - Chef D: Mexican Dish 1:30 - Rock Club with Chase 1:30 - Garden with Corinne 3:00 - Trivia</p>	<p>4</p> <p>Star Wars Day 8:45 - Star Wars Trivia 12:45 - Movie: The making of Star Wars 1:30 - Tai Chi with Chase 1:30 - Salon Day with Ru 3:00 - Dominoes</p>
<p>7</p> <p>8:45 - Fact or Fiction 1:30 - Ceramics with Liz 1:30 - Ru's Rhythm Circle 1:30 - Travel Mexico Video and Discussion with Debbie 3:00 - Mexican Train</p>	<p>8</p> <p>8:45 - Shake-n-Share 11:30 - Elks Luncheon 1:30 - BINGO 1:30 - Woodshop with Corinne 1:30 - Stories with Chase 3:00 - Tic-tac-toe</p>	<p>9</p> <p>8:45 - Scattegories 1:30 - Patchwork with Deb 1:30 - Gym Games with Ru 1:30 - MIM with Chase 3:00 - Puzzle Pins</p>	<p>10</p> <p>8:45 - Current Events 10:50 LPMS art 1:30 - Music with Spiritoso Players 1:30 - Birding with Debbie 1:30 - Salon Day with Ru 3:00 - Color Mandalas</p>	<p>11</p> <p>8:45 - Cracking the Code 1:30 - Paper Marbling with Chase 1:30 - Mexican Music with Ru 1:30 - Yarn Tails with Cat 3:00 - Karaoke</p>
<p>14</p> <p>8:45 - Hangman 1:30 - Jeff on Guitar 1:30 - Ceramics with Liz 1:30 - Chef D Bakes! 3:00 - Crossword</p>	<p>15</p> <p>8:45 - Trivia 1:30 - Music with Too Slim Tom and Miz Marsha 1:30 - Garden with Corinne 1:30 - Art with Chase 3:00 - Card Games</p>	<p>16</p> <p>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 - Dominoes</p>	<p>17</p> <p>8:45 - Fact or Fiction 1:30 - Drumming with Dave and Rita 1:30 - Beauty Spa with Debbie 1:30 - Rock Club with Chase 3:00 - BINGO</p>	<p>18</p> <p>8:45 - Crossword 12:30 PAC Meeting 1:30 - TMC Tones Sing-a-Long 1:30 - Woodshop with Corinne 1:30 - Tai Chi with Chase 3:00 - Color Flowers</p>
<p>21</p> <p>8:45 - Words: Memorial Day 1:30 - Storytelling with Louise and John 1:30 - Beading with Ru 1:30 - Mexico Travel Video and Discussion with Debbie 3:00 - Dominoes</p>	<p>22</p> <p>8:45 - Current Events 1:30 - Young at Heart Singers 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Trivia</p>	<p>23</p> <p>8:45 - Boggle 1:30 - Tie-Dye T-Shirts with Debbie 1:30 - Songs with Ru 1:30 - MIM with Chase 3:00 - Color Mandalas</p>	<p>24</p> <p>8:45 - Shake-n-Share 10:50 LPMS art 1:30 - Movie: The Milagro Beanfield War 1:30 - Woodshop with Corinne 1:30 - Beauty Spa with Debbie 3:00 - Card Games</p>	<p>25</p> <p>8:45 - Scattegories 1:30 - Outing: Albany Carousel 1:30 - BUNCO 1:30 - Painting with Chase 3:00 - Dominoes</p>
<p>Closed for Memorial Day</p>	<p>29</p> <p>8:45 - Patriotic Songs 1:30 - Music with Carl and Cindy 1:30 - Beading with Ru 1:30 - Art with Chase 3:00 - Sing a Long</p>	<p>30</p> <p>8:45 - Hangman 1:30 - Welcome Waggers 1:30 - Salon Day with Ru 1:30 - Stories with Chase 3:00 - Garden</p>	<p>31</p> <p>8:45 - Merry Month of May 1:30 - Birding with Debbie 1:30 - Music with Ru 1:30 - Rock Club with Chase 3:00 - Color Birds</p>	