



May 2019 GRACE CENTER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		May Day 1 8:45 - Cracking the Code 1:30 - Won't you be my Neighbor 1:30 - Flowers with Debbie 3:00 - Walk in the Garden	2 8:45 - Fact or Fiction 1:30 - Gym Games with Ru 1:30 - Mexican food with Chef D 3:00 - Sewing Circle	3 8:45 - ABC Category 1:30 - Larry on Keyboard 1:30 - Tai Chi with Chase 3:00 - Mother's Day Cards
6 8:45 - Current Events 1:30 - Ceramics with Liz 1:30 - Ru's Sing-a-Long 3:00 - Dominoes	7 8:45 - Shake-n-Share 1:30 - Outing: the OSU Sheep Barns 1:30 - Hula with Ru 3:00 - Karaoke	8 8:45 - Crossword 1:30 - Stories with Chase 1:30 - Heartland Kittens 1:30 - Garden with Corinne 3:00 - Crossword	9 8:45 - Hangman 10:35 LPMS Art Project 1:30 - Music with Too Slim Tom and Miz Marsha 1:30 - Beauty Spa with Debbie 3:00 - Board Games	10 8:45 - Boggle 1:30 - Music with The Jeepers 1:30 - Painting with Chase 3:00 - Color Flowers
13 8:45 - Scattegories 1:30 - Ceramics with Liz 1:30 - Gym Games with Ru 3:00 - Dominoes	14 8:45 - Priceless 11:30 - Elks Luncheon 1:30 - Jeff on Guitar 1:30 - Travel to the Amazon with Debbie 3:00 - Yarn Tails	15 8:45 - I Spy 1:30 - Music with Don and Lescia 1:30 - Salon Day with Ru 3:00 - Card Games	16 8:45 - Trivia 1:30 - Drumming with Dave and Rita 1:30 - Woodshop with Corinne 3:00 - Walk in the Garden	17 8:45 - Words from spartacapella 1:30 - Music by Spartacapella 1:30 - Tai Chi with Chase 3:00 - Karaoke
20 8:45 - Crossword 1:30 - Guitar with Charlie 1:30 - Travel to Machu Picchu with Debbie 3:00 - Crossword	21 8:45 - Fact or Fiction 1:30 - Patio Art with Chase 1:30 - Bread Pudding with Chef D 3:00 - Sewing Circle	22 8:45 - ABC Category 1:30 - Old Time Fiddlers 1:30 - Beauty Spa with Debbie 3:00 - Color Mandalas	23 8:45 - Shake-n-Share 10:35 LPMS Art Project 1:30 - Storytelling with John and Louise 1:30 - Molas with Chase 3:00 - Karaoke	24 8:45 - Cracking the Code 1:30 - Outing to Two Towns Cider House 1:30 - Cat's Rhythm Circle 3:00 - Dominoes
27 Closed for the Memorial Day Holiday	28 8:45 - Hangman 1:30 - Music with Carl and Cindy 1:30 - Woodshop with Corinne 3:00 - Walk in the Garden	29 8:45 - Boggle 1:30 - Jeff on Guitar 1:30 - Stories with Chase 3:00 - Dominoes	30 8:45 - I Spy 1:30 - Nancy & Anna: Accordion & Concertina 1:30 - Travel to Ecuador with Debbie 3:00 - Button Pins	31 8:45 - Scattegories 1:30 - Garden with Corinne 1:30 - Surprise Activity with Chase 3:00 - Color Flowers

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