

November 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 in good weather

F: Advanced Yoga

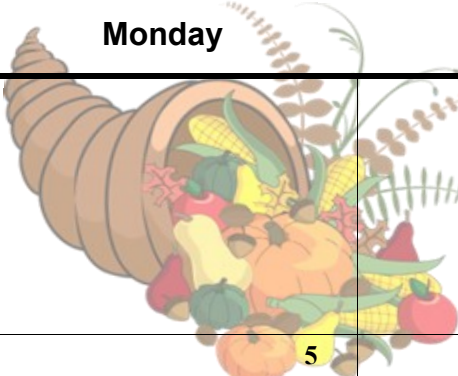

1:30 - Main Activity
(See Calendar; Activities are subject to change)

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
					
	5	6	7	8	9
	8:45 - Current Events 1:30 - Ceramics with Liz 1:30 - Ru's Rhythm Circle 3:00 - Dominoes	8:45 - Shake-n-Share 1:30 - Welcome Waggers 1:30 - Art with Chase 3:00 - Trivia	8:45 - Hangman 1:30 - Cathy's Cooking from the Garden 1:30 - National Parks Video and Discussion with Debbie 3:00 - Color Flowers	8:45 - Trivia 1:30 - Music with Too Slim Tom and Miz Marsha 1:30 - Salon Day with Ru 3:00 - Card games	8:45 - Cracking the Code 1:30 - Larry on Keyboard 1:30 - Tai Chi with Chase 3:00 - Sewing Circles
	12	13	14	15	16
	Veteran's Day Celebration 8:45 - Veteran's puzzle 1:30 - We Honor Veterans 1:30 - National Parks Video and Discussion with Debbie 3:00 - Dominoes	8:45 - Fact or Fiction 11:30 - Elks Luncheon 1:30 - BINGO 1:30 - Woodshop with Corinne 3:00 - Board games	8:45 - ABC Category 1:30 - Music with Carl and Cindy 1:30 - Stories with Chase 3:00 - Uno Challenge	8:45 - Shake-n-Share 1:30 - Jeff on Guitar 1:30 - Rock Club with Chase 3:00 - Blackjack	8:45 - Jumbles 1:30 - Native American Cultures 1:30 - Tai Chi with Chase 3:00 - Color Mandalas
	19	20	21	22	23
	8:45 - Current Events 1:30 - Storytelling with John and Louise 1:30 - Outing: Teal Art Gallery 3:00 - Dominoes	8:45 - Thanksgiving Trivia 1:30 - Chef D conquers the pumpkin 1:30 - Salon Day with Ru 3:00 - Card Games	8:45 - Boggle 1:30 - Paper Marbling with Chase 1:30 - Music with Ru 3:00 - Coloring Turkeys	Closed for the Thanksgiving Holidays	
	26	27	28	29	30
	8:45 - Hangman 1:30 - Ceramics with Liz 1:30 - National Parks video and Discussion with Debbie 3:00 - Dominoes	8:45 - Pictionary 1:30 - Young at Heart Singers 1:30 - Art with Chase 3:00 - Sewing Circles	8:45 - Tribes 1:30 - Outing: Christmas Tree Farm 1:30 - Stories with Chase 3:00 - Native American Cultures	8:45 - Fact or Fiction 1:30 - Dave's Photographs 1:30 - Gym Games with Ru 3:00 - Paper Chains	8:45 - Cracking the Code 1:30 - Taurel, the Harris Hawk 1:30 - Painting with Chase 3:00 - Decorating for the holi-