



# October 2017 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:**  
Group Games or Gym

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

**5:30 - Closing Time**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:45 - Jumbles</p> <p>1:30 - Chase with Molas Textile Art</p> <p>1:30 - Gym Games with Ru</p> <p>1:30 - Frontier House Video with Debbie</p>	<p>3</p> <p>8:45 - Trivia</p> <p>11:30 - Elks Luncheon</p> <p>1:30 - BINGO</p> <p>1:30 - Garden with Corinne</p> <p>1:30 - MIM with Chase</p>	<p>4</p> <p>8:45 - Scattegories</p> <p>1:30 - Music with Too Slim Tom &amp; Miz Marsha</p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Chase's Spooky Stories</p>	<p>5</p> <p>8:45 - Current Events</p> <p>1:30 - Cooking from the Garden w/Cathy: Pesto</p> <p>1:30 - Wii Bowling with Deb</p> <p>1:30 - Rock Club with Chase</p>	<p>6</p> <p>8:45 - Pictionary</p> <p>1:30 - Larry on Keyboard</p> <p>1:30 - Textile Times with Deb</p> <p>1:30 - Tai Chi with Chase</p>
<p>9</p> <p>8:45 - ABC Category</p> <p>1:30 - Ceramics with Liz</p> <p>1:30 - Woodshop with Corinne</p> <p>1:30 - Frontier House Video with Debbie</p>	<p>10</p> <p>8:45 - Fact or Fiction</p> <p>1:30 - Nordic Cultures</p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Art with Chase</p>	<p>11</p> <p>8:45 - Hangman</p> <p>1:30 - Patchwork</p> <p>1:30 - Sing-a-Long with Ru</p> <p>1:30 - Chase's Spooky Stories</p>	<p>12</p> <p>8:45 - Shake-n-Share</p> <p>10:50 LPMS Art Class</p> <p>1:30 - OUTING: Airlie Hills Farm Pumpkin Patch</p> <p>1:30 - Yarn Tails with Debbie</p> <p>1:30 - Gym Games with Ru</p>	<p>13</p> <p>8:45 - Octoberfest facts</p> <p>1:30 - Octoberfest</p> <p>1:30 - Garden with Corinne</p> <p>1:30 - Painting with Chase</p>
<p>16</p> <p>8:45 - Scattegories</p> <p>1:30 - Jeff on Guitar</p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Frontier House Video with Debbie</p>	<p>17</p> <p>8:45 - Mad Libs Game</p> <p>1:30 - Old Time Fiddlers</p> <p>1:30 - Beading with Ru</p> <p>1:30 - MIM with Chase</p>	<p>18</p> <p>8:45 - Crossword</p> <p>1:30 - Folk Music with Don &amp; Lescia</p> <p>1:30 - Woodshop with Corinne</p> <p>1:30 - Chase's Spooky Stories</p>	<p>19</p> <p>8:45 - Trivia</p> <p>1:30 - Drumming with Rita</p> <p>1:30 - Beauty Spa with Debbie</p> <p>1:30 - Rock Club with Chase</p>	<p>20</p> <p>8:45 - ABC Category</p> <p>1:30 - Welcome Waggers</p> <p>1:30 - Dominoes with Ru</p> <p>1:30 - Tai Chi with Chase</p>
<p>23</p> <p>8:45 - Cracking the Code</p> <p>1:30 - Corvallis Square Dancers</p> <p>1:30 - Ceramics with Liz</p> <p>1:30 - Frontier House Video with Debbie</p>	<p>24</p> <p>8:45 - Current Events</p> <p>1:30 - OK Chorale Singers</p> <p>1:30 - Halloween Costumes</p> <p>1:30 - Art with Chase</p>	<p>25</p> <p>8:45 - Boggle</p> <p>1:30 - Patchwork</p> <p>1:30 - Gym Games with Ru</p> <p>1:30 - Chase's Spooky Stories</p>	<p>26</p> <p>8:45 - Pictionary</p> <p>1:30 - BUNCO</p> <p>1:30 - Salon Day with Ru</p> <p>1:30 - Woodshop with Corinne</p>	<p>27</p> <p>8:45 - Hangman</p> <p>1:30 - Halloween Movie</p> <p>1:30 - Wii Bowling with Deb</p> <p>1:30 - Painting with Chase</p>
<p>30</p> <p>8:45 - Words from Haunted House</p> <p>1:30 - Halloween Game</p> <p>1:30 - Garden with Corinne</p> <p>1:30 - Frontier House Video with Debbie</p>	<p>31</p> <p>Halloween</p> <p>8:45 - Trick or Treat</p> <p>1:30 - Cheese Sandwich Grill Off</p> <p>1:30 - Gym Games with Ru</p> <p>1:30 - MIM with Chase</p>			