


September 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
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 style="text-align: right;">3</p> <p style="text-align: center;">We are closed for the Labor Day Holiday</p>	<p style="text-align: right;">4</p> <p>8:45 - Shake-n-Share</p> <p>1:30 - Chef D's Soup Mix</p> <p>1:30 - Art with Chase</p> <p>3:00 - Card Games</p>	<p style="text-align: right;">5</p> <p>8:45 - Jumbles</p> <p>1:30 - Music with Too Slim Tom and Miz Marsha</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Color Mandalas</p>	<p style="text-align: right;">6</p> <p>8:45 - Trivia</p> <p>1:30 - Cathy's Cooking from the Garden</p> <p>1:30 - Chicken Dance with Debbie</p> <p>3:00 - Board Games</p>	<p style="text-align: right;">7</p> <p>8:45 - Cracking the Code</p> <p>1:30 - Larry on Keyboard</p> <p>1:30 - Deb's Beauty Spa</p> <p>3:00 - Crossword</p>
<p style="text-align: right;">10</p> <p>8:45 - Current Events</p> <p>1:30 - Ru's Rhythm Circle</p> <p>1:30 - Central America Travel Video and Discussion with Deb</p> <p>3:00 - Dominoes</p>	<p style="text-align: right;">11</p> <p>8:45 - Fact or Fiction</p> <p>11:30 - Elks Luncheon</p> <p>1:30 - Karaoke Tuesday</p> <p>1:30 - Art with Chase</p> <p>3:00 - Trivia</p>	<p style="text-align: right;">12</p> <p>8:45 - Hangman</p> <p>1:30 - Ru's Gym Games</p> <p>1:30 - Textile Time with Debbie</p> <p>3:00 - Garden Walk</p>	<p style="text-align: right;">13</p> <p>8:45 - Words from Central America</p> <p>1:30 - Country Music with Charles on Guitar</p> <p>1:30 - Woodshop with Corinne</p> <p>3:00 - Card Games</p>	<p style="text-align: right;">14</p> <p>8:45 - Central American Countries</p> <p>1:30 - TMC Tones Sing-a-Long</p> <p>1:30 - Tai Chi with Chase</p> <p>3:00 - Color Birds</p>
<p style="text-align: right;">17</p> <p>8:45 - Boggle</p> <p>1:30 - Jeff on Guitar</p> <p>1:30 - Ceramics with Liz</p> <p>3:00 - Dominoes</p>	<p style="text-align: right;">18</p> <p>8:45 - Park Prep</p> <p>9:30 - OUTING: Day in the Park</p> <p>4:00 - Relax</p>	<p style="text-align: right;">19</p> <p>8:45 - Scattegories</p> <p>1:30 - Folk Music with Don and Lescia</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Color Flowers</p>	<p style="text-align: right;">20</p> <p>8:45 - Shake-n-Share</p> <p>1:30 - Drumming with Dave and Rita</p> <p>1:30 - Central America Travel Video and Discussion with Deb</p>	<p style="text-align: right;">21</p> <p>8:45 - Crossword</p> <p>1:30 - BINGO</p> <p>1:30 - Painting with Chase</p> <p>3:00 - Dominoes</p>
<p style="text-align: right;">24</p> <p>8:45 - Current Events</p> <p>1:30 - Ceramics with Liz</p> <p>1:30 - Central America Travel Video and Discussion with Deb</p> <p>3:00 - Karaoke</p>	<p style="text-align: right;">25</p> <p>8:45 - Trivia</p> <p>1:30 - OK Chorale Singers</p> <p>1:30 - Stories with Chase</p> <p>3:00 - Garden Walk</p>	<p style="text-align: right;">26</p> <p>8:45 - Cracking the Code</p> <p>1:30 - Welcome Waggers</p> <p>1:30 - Textile Time with Deb</p> <p>3:00 - Dominoes</p>	<p style="text-align: right;">27</p> <p>8:45 - Fact or Fiction</p> <p>1:30 - Music with Carl and Cindy</p> <p>1:30 - Woodshop with Corinne</p> <p>3:00 - Card Games</p>	<p style="text-align: right;">28</p> <p>8:45 - ABC Category</p> <p>1:30 - Karaoke Friday</p> <p>1:30 - Tai Chi with Chase</p> <p>3:00 - Color Mandalas</p>
<p>Can you match the names with their country in Central America?</p>	<p>Guatemala</p> <p>El Salvador</p> <p>Nicaragua</p>		<p>Belize</p> <p>Honduras</p> <p>Costa Rica</p> <p>Panama</p>	