



September 2019 GRACE CENTER ACTIVITY CALENDAR

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
2	3	4	5	6
Closed for the Labor Day Holiday	8:45 - Shake-n-Share 1:30 - Stories with Chase 1:30 - Sewing Circle 3:00 - Uno	8:45 - Crossword 1:30 - Music Too Slim Tom & Miz Marsha 1:30 - Salon Day with Ru 3:00 - Crossword	8:45 - I Spy 1:30 - Music with the Spiritoso Players 1:30 - Bread making with Ru 3:00 - Kings Corner	8:45 - ABC Category 1:30 - Larry on Keyboard 1:30 - Herb mixes 3:00 - Walk in the garden
9	10	11	12	13
8:45 - Current Events 1:30 - Jeff on Guitar 1:30 - Ceramics with Liz 3:00 - Dominoes	8:45 - Trivia 11:30 - Elks Luncheon 1:30 - Guitar with Charlie 1:30 - Art with Chase 3:00 - Music with Joe	8:45 - Cracking the Code 1:30 - BINGO 1:30 - Tai Chi with Chase 3:00 - Board Games	8:45 - Fact or Fiction 1:30 - Ru's Rhythm Circle 1:30 - Stories with Chase 3:00 - Patio Time	8:45 - Boggle 1:30 - Music with Tom and Carl 1:30 - Painting with Chase 3:00 - Card Games
16	17	18	19	20
8:45 - Hangman 1:30 - What's in your Hand Game 1:30 - Ru's Rhythm Circle 3:00 - Walk in the Garden	8:45 - Scattogories 1:30 - Music with Nancy and Anna 1:30 - Woodshop with Corinne 3:00 - Jenga	8:45 - Words from School Daze 1:30 - Folk Music with Don & Lescia 1:30 - Stories with Chase 3:00 - Checkers	8:45 - Shake-n-Share 1:30 - Drumming with Dave and Rita 1:30 - Salon Day with Ru 3:00 - Kings Corner	8:45 - Things you would find in a school room 1:30 - Trivia Team Bonanza 1:30 - Tai Chi with Chase 3:00 - Dominoes
23	24	25	26	27
8:45 - Crossword 1:30 - Ceramics with Liz 1:30 - Ru's Rhythm Circle 3:00 - Crossword	8:45 - Fact or Fiction 1:30 - Jeff on Guitar 1:30 - Art with Chase 3:00 - Uno	8:45 - ABC Category 1:30 - Antique Roadshow 1:30 - Music with Ru 3:00 - Patio Time	8:45 - Hangman 1:30 - Antique Roadshow 1:30 - Woodshop with Corinne 3:00 - Name that tune	8:45 - Trivia 1:30 - Music with The Jeepers! 1:30 - Painting with Chase 3:00 - Trivia
30				
8:45 - Boggle 1:30 - Antique Roadshow Video 1:30 - Tai Chi with Chase 3:00 - Dominoes				