




August 2008 GRACE CENTER GYM ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
TE=Therapy Exercise				8:00 Refreshments / News 1 9:00 Shake-n-Share 9:30 TE / Break / Walking 10:45 Exercise/Trivia/Gardening 1:30 -3:00 Table Games 2:30 Active Games / Puzzles 3:15 Video Games
8:00 Refreshments/News 4 8:45 Bingo /TE/ Break 10:00 Walking & Exercise 11:15 Mind Challenges / Vitals 1:30 Watercolor / Games 2:15 Button Making 3:15 Socializing / Games	8:00 Refreshments/News 5 8:45 Cook'n with Geri/TE 10:00 Walking & Machines 10:30 Balancing & Exercise 1:30 Music with Darlene 🎵 2:30 Games / Vitals 3:15 Library Hour	8:00 Refreshments/News 6 8:45 Sing-a-Long /TE/ Break 10:00 Walking & Exercise 11:15 Finding Pen Pals / Vitals 1:30 Old Household Remedies 2:15 Make Placemats 3:15 Video / Games	8:00 Refreshments/News 7 8:45 Sing-a-Long/TE/ Break 10:00 Walking & Machines 10:20 Balancing & Exercise 1:30 Crossword with Ginny 2:15 Music with Pete 🎵 3:15 Word Games / Puzzles	8:00 Refreshments / News 8 9:00 Music with Pat 🎵 9:40 TE / Break / Walking 10:45 Exercise / Trivia / Gardening 1:30 Music with Pete 🎵 2:30 Active Games / Puzzles 3:15 Word Games / Proverbs
8:00 Refreshments/News 11 8:45 Bingo / TE / Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:30 Basketball & Kickball 2:30 "What If" Game 3:15 Word Search / Puzzles	8:00 Refreshments/News 12 8:45 Bingo/ TE/ Break 10:00 Walking & Machines 10:20 Balancing & Exercise 1:15 Music with Darlene 🎵 2:30 Make Party Decorations 3:15 Video / Games	8:00 Refreshments/News 13 8:45 Sing-a-Long /TE/ Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:30 Health Issues 2:30 Question & Answers 3:15 Library Hour / Puzzles	8:00 Refreshments/News 14 8:45 Bingo /TE/ Break 10:00 Walking & Machines 10:20 Balancing & Exercise 1:30 Ceramics with Terry 3:15 Socializing / Games	8:00 Refreshments / News 15 9:00 Music with Pat 🎵 9:40 TE / Break / Walking 10:45 Exercise/Trivia/ Gardening 1:30 Cut Paper Quilt Designs 3:15 Reminiscing & Games
8:00 Refreshments/News 18 8:45 Scattergories /TE/ Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:30—3:00 Complete Party Decoration Boards 3:15 Reminiscing / Games	8:00 Refreshments/News 19 8:45 Cook'n with Deb /TE/ Break 10:00 Walking & Machines 10:30 Balancing & Exercise 1:30 Music with Darlene 🎵 2:30 Welcome Waggers 3:15 Video / Games	8:00 Refreshments/News 20 8:45 Sing-a-Long/ TE / Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:30 Bananagrams / Games 2:30 Peer Groups 3:15 Puzzles and Games	8:00 Refreshments/News 21 8:45 Scattergories /TE/ Break 10:00 Walking & Machines 10:30 Balancing & Exercise/Gardening 1:30 Caribbean Party & Bingo 3:15 Socializing and Games	8:00 Refreshments / News 22 9:00 Music with Pat 🎵 9:40 TE / Break / Walking 10:45 Exercise / Trivia/ Gardening 1:30 Music with Pete 🎵 2:30 Proverbs 3:15 Library Hour
8:00 Refreshments/News 25 8:45 Scattergories /TE/ Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:30—3:00 Make Placemats 2:30 Table Games 3:15 Puzzles / Games	8:00 Refreshments/News 26 8:45 Shake-n-Share TE/Break 10:00 Walking & Machines 10:20 Balancing & Exercise 1:15 Music with Darlene 🎵 2:30 Ulo's Travel Slides 3:15 Socialization / Games	8:00 Refreshments/News 27 8:45 Sing-a-Long/TE/ Break 10:00 Walking & Exercise 11:15 Mind Challenges 1:15—3:00 New Movie & Popcorn 3:15 Puzzles / Games	8:00 Refreshments/News 28 8:45 Shake Loose a Memory/TE/ Break 10:00 Walking & Machines 10:20 Balancing & Exercise 1:30 Music with Ron & Colene 🎵 2:30 How To's 3:15 Reminiscing / Games	8:00 Refreshments / News 29 9:00 Music with Pat 🎵 9:40 TE / Break / Walking 10:45 Exercise / Trivia/ Gardening 1:30-3:00 Make Designs with Playing Cards 3:15 Video / Games