



July 2010

GRACE CENTER ACTIVITY CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*AM Activities:</p> <ul style="list-style-type: none"> ◆Sing-a-Long ◆Bingo ◆Cooking ◆Brain Games 	<p>*PM Activities:</p> <ul style="list-style-type: none"> ◆Arts & Crafts ◆Music ◆Poetry ◆Games ◆Stories ◆Group Discussions ◆Gardening 		<p>8:00 Social Time/Refreshments 1</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Pete 🎵</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 2</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Roy & Hershel</p> <p>2:30 PM Activity*</p>
<p>Closed for the Holiday</p>  <p>5</p>	<p>8:00 Social Time/Refreshments 6</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Darlene 🎵</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 7</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Right Brain Fitness with Jean</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 8</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Jeff 🎵</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 9</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Mexican Dancers</p> <p>2:30 PM Activity*</p>
<p>8:00 Social Time/Refreshments 12</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Frame Decorating</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 13</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:00 Bus Outing to Avery Park</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 14</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Boomwackers</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 15</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Jeff 🎵</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 16</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Art with Chase</p> <p>2:30 PM Activity*</p>
<p>8:00 Social Time/Refreshments 19</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Common Pulse with Dave</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 20</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Welcome Waggers</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 21</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Storytelling with Louise</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 22</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Drum Circle with Dianne</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 23</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Music with Jeff 🎵</p> <p>2:30 PM Activity*</p>
<p>8:00 Social Time/Refreshments 26</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Bingo Jamboree</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 27</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Ceramics with Terry</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 28</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Birthday Party with Jeff 🎵</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 29</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Ceramics with Terry</p> <p>2:30 PM Activity*</p>	<p>8:00 Social Time/Refreshments 30</p> <p>9:00 AM Activity*</p> <p>9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps</p> <p>11:30 Lunch Hour / Rest</p> <p>1:30 Hawaiian Singers 🎵</p> <p>2:30 PM Activity*</p>