



March 2010

GRACE CENTER ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Social Time/Refreshments 1 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Bingo Jamboree 2:30 *PM Activity	8:00 Social Time/Refreshments 2 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Sewing Bee 2:30 *PM Activity	8:00 Social Time/Refreshments 3 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Chicken Surprise! 2:30 *PM Activity	8:00 Social Time/Refreshments 4 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Music with Jeff 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 5 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Art with Chase 2:30 *PM Activity
8:00 Social Time/Refreshments 8 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Participant Forum 2:30 *PM Activity	8:00 Social Time/Refreshments 9 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Rita & Bill—Singing Duo 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 10 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Music with Jeff 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 11 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Accordian with Darlene 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 12 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 St. Patrick's Day Celebration 2:30 *PM Activity
8:00 Social Time/Refreshments 15 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Art with Wendy 2:30 *PM Activity	8:00 Social Time/Refreshments 16 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Welcome Waggers 2:30 *PM Activity	8:00 Social Time/Refreshments 17 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Art with Wendy 2:30 *PM Activity	8:00 Social Time/Refreshments 18 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Common Pulse with Dave 2:30 *PM Activity	8:00 Social Time/Refreshments 19 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Music with Jeff 🎵 2:30 *PM Activity
8:00 Social Time/Refreshments 22 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Cookin' with Misty 2:30 *PM Activity	8:00 Social Time/Refreshments 23 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Ceramics with Terry 2:30 *PM Activity	8:00 Social Time/Refreshments 24 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Music with Jeff 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 25 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Ceramics with Terry 2:30 *PM Activity	8:00 Social Time/Refreshments 26 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Bingo Jamboree 2:30 *PM Activity
8:00 Social Time/Refreshments 29 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 History Talk with John 2:30 *PM Activity	8:00 Social Time/Refreshments 30 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:30 Music with Jeff 🎵 2:30 *PM Activity	8:00 Social Time/Refreshments 31 9:00 *AM Activity* 9:30-11:30 Exercise: hand therapy, balance, cardio, weights, laps 11:30 Lunch Hour / Rest 1:00 Field Trip	<p>*AM Activities:</p> <ul style="list-style-type: none"> ◆Sing-a-Long ◆Bingo ◆Brain Games ◆Cooking 	
		<p>*PM Activities:</p> <ul style="list-style-type: none"> ◆Arts & Crafts ◆Music ◆Games ◆Poetry ◆Stories ◆Group Discussions 		

