

August, 2019—Grace Manor 2



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Every **Tuesday @ 9:30** is the Catholic mass in the GM chapel
 Every **Sunday evening Church Service @ 7pm** ch. 990
 Nederland Zingt is now on Ch. 989

Physiotherapy will take place Tuesdays/
 Wednesdays @ 11am on 2N & Tuesdays/Fridays @ 1:30pm on 2S

Please come by 2 south and visit our Foster kitties!
 Kirk-O & Patricia

WATERMELON FACT SHEET

- 1 Improves **METABOLISM**
Rich source of Vitamin B6 and B1 that assist in energy production and improve metabolism.
- 2 Helps with **WEIGHT LOSS**
Rich in Vitamin C which is used by the body to metabolize fat. Also contains easily digestible sugars and high water content making it an excellent weight loss food.
- 3 Good for the **EYES**
Presence of carotenoids ensures good eye health.
- 4 Rich Source of **ANTI-OXIDANTS**
Contains anti-oxidant called Lycopene that prevents inflammation, ulcers, arthritis, and colon cancer.
- 5 Good for the **HEART**
Presence of anti-oxidants in ample quantities helps prevent onset of heart diseases.
- 6 Helps reduce **STRESS/HYPERTENSION**
Contains ample quantities of Potassium and Magnesium which help prevent conditions like hypertension.

IAMNOTBESE.COM

1 10am Bowling
 11am Price is right Ch. 7
 12pm GM2S BBQ
 2:30pm Ice Cream on Wheels
 3:15pm Sing Out BBQ

2 10am Hymn Sing
 1:15pm 1:1 Visits
 2pm Bingo!
 3:15pm Sit & Fit
 6pm Music (Atrium)

3 10am Cat Therapy
 10:30am Sensory Program
 1:30pm 1:1 Visits
 2:15pm Fun in the Sun
 3:30pm Old Time Movies

4 10am Church Service
 10:30am Friendly Visits
 11:15am Snoezelen Time
 1:30pm Piano Performance (Atrium)
 4:20pm Nederland Zingt

5 10am Fun & Fitness 2N
 10:45 Fun & Fitness 2S
 2pm In the Kitchen
 3:30pm Montessori Group

6 10:00am Hymn Sing
 10:45am Bible Study
 1:15pm Concert DVD
 2pm Paint Class

7 10am Cat Therapy
 10:30am Fancy Fingers
 1:15pm Friendly Visits
 2pm Singing w/ Leah & Friends
 6pm Bingo! (Atrium)

8 10am Fresh Fruit Frenzy
 11am Price is right Ch. 7
 12pm GM2N BBQ
 2:30pm Snoezelen Time
 3:30pm Concert DVD

9 10am Hymn Sing
 1:15pm 1:1 Visits
 2pm Bingo!
 3:15pm Sit & Fit
 6pm Music (Atrium)

10 10am Baby Time
 10:45am Montessori
 1:15am 1:1 Visits
 2pm News & Views
 3:30pm Old Time Movies

11 10am Church Service
 11:15am Snoezelen Time
 1:30pm Piano Performance (Atrium)
 4:20pm Nederland Zingt

12 10am Travelogue w/ Danja
 11:15am Walk & Talk
 1:30pm Resident council Meeting 3N
 2pm Bingo!

13 10:00am Hymn Sing
 10:45am Bible Study
 1:30pm Green Thumb
 3pm Elvis Movie Marathon ELVIS

14 10am Tea & Talk
 11:15am Pathways Sing Along DVD
 2pm Craft Corner
 3:15pm Sit & Fit
 6pm Bingo (Atrium)

15 10am Fitness Group w/ Danja
 11am Price is right Ch. 7
 12pm GM2S BBQ
 1:30pm Food Council Meeting 3N
 2:30pm Walking Club
 3:15pm Sing Out BBQ

16 10am Hymn Sing
 1:15pm 1:1 Visits
 2pm Bingo!
 3:15pm Sit & Fit
 6pm Music (Atrium)

17 10am Cat Therapy
 10:30am Sensory Program
 1:30pm 1:1 Visits
 2:15pm Fun in the Sun
 3:30pm Old Time Movies

18 10am Church Service
 11:15am Snoezelen Time
 1:30pm Piano Performance (Atrium)
 4:20pm Nederland Zingt

19 10am Fun & Fitness 2N
 10:45 Fun & Fitness 2S
 1:30pm Ice Cream on Wheels
 3:15pm Montessori Group

20 10:00am Hymn Sing
 10:45am Bible Study
 1:15pm Walk & Talk
 2:15pm Watermelon Patch

21 10am Cat Therapy
 10:30am Fancy Fingers
 2pm Spotlight Legacy
 6pm Bingo (Atrium)

22 10am Fresh Fruit Frenzy
 11am Price is right Ch. 7
 12pm GM2N BBQ
 2:30pm Snoezelen Time
 3:30pm Concert DVD

23 10am Hymn Sing
 1:15pm 1:1 Visits
 2pm Bingo!
 6pm Music (Atrium)

24 10am Baby Time
 10:45am Montessori
 1:15am 1:1 Visits
 2pm News & Views
 3:30pm Old Time Movies

25 10am Church Service
 11:15am Snoezelen Time
 1:30pm Piano Performance (Atrium)
 4:20pm Nederland Zingt

26 10am Balloon Toss 2S
 10:45am Monday Morning Thinkers 2N
 1:15pm 1:1 Visits
 2pm Bingo!

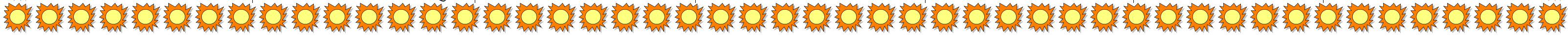
27 10:00am Hymn Sing
 10:45am Bible Study
 1:15pm Walk & Talk
 2:15pm Fun in the Sun

28 10am In the Kitchen
 11:15am Pathway Sing Along DVD
 2pm Birthday Tea
 6pm Bingo (Atrium)

29 10am Drum Circle
 11:15am 1:1 Visits
 1:15pm Walking Club
 2pm Ice Cream on Wheels
 3pm Snoezelen Time

30 10am Hymn Sing
 1:15pm 1:1 Visits
 2pm Bingo!
 6pm Music (Atrium)

31 10am Cat Therapy
 10:30am Sensory Program
 1:15pm 1:1 Visits
 2:15pm Fun in the Sun
 3:30pm Old Time Movies



Watermelon Word Search

Y P T I J Y X H M W T M S F V
 L H Q I E A V A A Y E G A R G
 O L T L P G Q T I C C R U W O
 G H L L S D E S K T I U R F E
 N O R O A R W S E N U Z A F T
 W E J Q M E R N Y E J R N J A
 P I E E X T H J B T D J B I R
 J V L R E R I N D C V E Y W D
 X O B K G O K I O B H I D O Y
 N N R K W T Y S R N B A H F H
 W A G A R D E N A O K J K M C
 M K S J K L C C N U V L R P V
 E E M J I S D Q G V L A L T R
 P H L Z T V Z H E J F O I X O
 X S S S E L D E E S P F C F K



FARM
 FRUIT
 GARDEN
 GREEN
 HEALTHY
 HYDRATE
 JUICE
 MARKET
 ORANGE
 RIND
 SEEDED
 SEEDLESS
 WATERMELON
 YELLOW



Laura Kelly Designs

August 2019 Grace Manor 2 Activity Program Calendar



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