



# THE GRACE ART & WELLNESS CENTER

## HOLIDAY CLOSURE:

Grace will be Closed on  
Monday February 17, 2020  
In observance of :  
Washington's Birthday

## CONTACT US:

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PROUDLY SERVING  
SANTA CLARA COUNTY'S  
MENTAL HEALTH COMMUNITY  
SINCE 1971





**Mondays – 9:00 a.m. – 4:00 p.m.**

9:30 - 10:00 - Community Meeting (Front Room)  
9:55 - 10:00 - Plank Time! (Front Room – Gloria)  
10:00 - 10:30 - Volunteer Orientation (Jon & Charmaine)  
10:00 - 11:30 - Community Connection (TBD– Eileen)  
10:30 - 11:30 - Anger Management (Pat )  
11:45 - Lunch - (Front Room - Debbie V.)  
1:00 - 2:00 - T.O's Nail Salon ( Sewing Room - Carmen)  
1:00 - 2:30 - Women Uniquely Powered (Art Room - Gloria)  
2:00 - 3:00 - Men's Group (Sewing Room - Don)  
3:00 SHARP! - New Member Orientation (Charmaine)

**Tuesdays – 9:00 a.m. – 4:00 p.m.**

9:30 - 10:00 - Community Meeting (Front Room)  
9:55 - 10:00 - Plank Time! (Front Room – Gloria)  
10:00 - 10:30 - Sittercise (MPR - Don)  
10:30 - 11:00 - Ask the Boss (Community Room—Feb 4th)  
10:30 - 11:30 - Boundaries ( Sewing Room - Gloria)  
10:30 - 11:30 - Beading (Art Room - Jonathan)  
10:30 - 11:30 - Amazing Journey (Community Room - Charmaine)  
11:00 - 11:30 - Sitting Volleyball (MPR - Carmen)  
11:45 - Lunch - (Front Room - Debbie V.)  
1:00 - 2:00 - Voices & Delusions (Community Room- Gloria)  
1:30 - 2:30 - Music & History (MPR– Charmaine)  
2:00 - 3:00 Pickle ball (Patio - Don)  
2:00 - 3:00 Resource Hour (MPR - Eileen)  
12:30 - 3:00 - Sewing (Sewing Room - Harriet & Pat)

**Wednesdays – 9:00 a.m. – 1:30 p.m.**

9:30 - 10:00 - Community Meeting (Front Room)  
9:55 - 10:00 - Plank Time! (Front Room – Gloria)  
10:00 - 10:30 - Chair Yoga ( MPR - Gloria)  
10:00 - 10:30 - Relaxation (Sewing Room—Qualified Staff)  
10:45 - 11:15 - Sitting Volleyball (MPR Room - Carmen)  
9:45 - 12:00 - The Cuisine Mile ( Art Room - Jon & Charmaine)  
11:30 - 12:30 - In the Neighborhood (TBD - Eileen)  
11:45 - Lunch - (Front Room - Debbie V.)  
12:15- 1:15- Arts and Crafts (Art Room -Ariel)  
1:30 - CLOSED

**Thursdays – 9:00 a.m. – 4:00 p.m.**

9:30 - 10:00 - Community Meeting (Front Room)  
9:55 - 10:00 - Plank Time! (Front Room – Gloria)  
10:00 - 10:30 - Relaxation Time (Sewing Room—Ariel)  
10:30 - 11:30 - Art Therapy (Art Room - Pat)  
10:45 - 11:30 - Positive Talk (Sewing Room - Eileen)  
11:00 - 12:30 - Band Jam (Patio - Jonathan)  
11:45 - Lunch - (Front Room - Debbie V.)  
12:00 - 4:00 - Leisure Walk (TBD - Eileen)  
1:30 - 2:15 - Gentle Stretch (MPR - Charmaine)  
1:30 - 2:15 - Leggo Lego (Sewing Room - Jonathan)  
1:00 - 2:00 - Vision Boarding (Art Room - Gloria)  
1:45 - 3:00 - The Entertainer (Front Room - Don)

**Fridays – 9:00 am. – 4:00 p.m.**

9:00 - 11:00 - Dignity on Wheels Shower Program  
9:30 - 10:00 - Community Meeting (Front Room)  
9:55 - 10:00 - Plank Time! (Front Room– Gloria)  
10:00 - 10:30 - Flapjack Friday (MPR - Sal– TBD)  
10:00 - 10:45 - Yoga (MPR - Gloria)  
10:30 - 11:30 - Art with Pat (Art Room - Pat)  
10:30 - 11:30 - Brain Fit (Sewing Room - Charmaine)  
11:00 –11:45 –Bailamos Con Agua ( MPR Don)  
11:45 - Lunch - (Front Room - Debbie V.)  
12:30 - 1:30 - OT Students Program (Community Room)  
12:30 - 2:00 - Movie Matinee (Front Room - Don)  
1:00 - 2:30 - International Kitchen -  
(Kitchen – Jon & Charmaine)  
1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat)  
1:15 - 1:45 - Bubbles Check-in (Patio—Eileen & Gloria)  
2:00 - 3:00 - Raw Talent & Say Sumtin'  
(MPR - Don & Eileen)  
3:00 - 4:00 - Artist Business Meeting (Sewing Room –Feb 7)  
3:00 SHARP! - New Member Orientation  
(Front Room - Charmaine)

**Saturdays – 10:00 a.m. – 2:00 p.m.**

10:00 - 12:00 - Music & Aerobics (MPR - Staff)  
10:00 - 12:00-Art (Front Room –Staff)  
11:00 - 12:00 –Barbershop Café (Room 1 –Don)  
12:00 - 1:00 - Lunch - (MPR - Staff)  
12:45 - 1:30 - Bingo (MPR - Staff)

**\*All groups are subject to change on a moments notice.**