

Zoom Classes

Classes available virtually on Zoom!
ZOOM Info:

Community Meeting- Don
Tues. 9:15 - 9:30 A.M.
Meeting ID: 788 342 3682
Passcode: 338824

Men's Group-Don
Mon. 2 - 3 P.M.
Meeting ID: 788 342 3682
Passcode 338824

Happiness Group- Pat
Wed.. 12 - 1 P.M.
Meeting ID: 925 8839 6878
Passcode 133137

If joining on your phone without the zoom app, please call
+1 669 900 9128 US (San Jose)

Announcements

- New Membership Orientation - Mondays 2 P.M.
- Women's Group on break until November 4

Grace Art and Wellness Program is committed to providing equitable access to city-sponsored events. Please contact Josué Covarrubias at josue.covarrubias@sanjoseca.gov, 408-794-7590, or 1-800-735-2922 (TTY) to request disability accommodations. Advance notice of at least two weeks is necessary to arrange for some accessibility needs.

Grace Art & Wellness

Northside Community Center

488 N. 6th Street

San José, CA 95112

(408) 293-0422

HOURS

Monday-Tuesday and Thursday-Friday

9:00 A.M. - 4:00 P.M.

Wednesdays

9:00 A.M. - 1:30 P.M.

Saturdays

10:00 A.M. - 2:00 P.M.

MEMBERSHIP

Membership benefits

- Access to multiple programs during the day
- Mental health resources
- Community and socialization
- Outings and Special Events
- Breakfast and lunch provided daily while supplies last.
- Access to amenities.
- Kind and caring staff

To be a member you must:

- Be 18 years old or older
- Attend a new member orientation (Mondays at 2 P.M.)
- Fill out a membership packet
- Bring a valid ID
- Follow rules and City Code of Conduct
- Pay a \$5.00 (cash - exact Change requested) lifetime membership fee

Over 60 years old?

We also have a Senior Nutrition Program on site!

This is a separate program from Grace Art & Wellness.

To enroll in that program, please see SNP staff for an enrollment

form. SNP lunch check in is Sunday-Thursday 11:00-11:30pm.

\$3.00 suggested donation for lunch.

Participants can only enjoy one lunch per day.

You may choose which one you'd like to have: SNP or Grace if you qualify for both.

SAN JOSE
PARKS, RECREATION &
NEIGHBORHOOD SERVICES



Building Community Through Fun



GRACE ART & WELLNESS PROGRAM

Northside Community Center

488 N. 6th Street

San José, CA 95112

(408) 293-0422

NOVEMBER 2024



November 2024 Schedule of Classes

Monday 9 A.M. - 4 P.M.

9:15 - 9:30 Community Meeting (FR) - Jo
 9:30 - 10:15 TV Time (SR) - Jo
 9:45 - 10:00 Meditation (CR) - Jasmine
 10:00 - 10:45 Chair Volleyball (MPR) - Carmen
 10:30 - 11:30 Anger Management (AR) -Pat* & Heather
 12:00 - 12:45 Let it Grow (Patio) - Diego
 12:30 - 1:30 Woman's Group (CR)- Heather and Liz
 1:30 - 3:00 Beading (AR) - Jasmine
 2:00 - 3:00 Men's Group (CR)- Don*
 2:00 New Member Orientation (Lobby) - Heather

Tuesday 9 A.M. - 4 P.M.

9:15 - 9:30 Community Meeting (FR) - Don*
 9:30 - 10:15 TV Time (SR) - Don
 9:45 - 10:00 Meditation (CR) - Jasmine
 10:30 - 11:30 Art Therapy (AR) - Pat*
 10:30 - 11:30 Actor's Studio (SR) - Liz
 10:30 - 11:00 Dancing with Water (MPR) - Don*
 1:00 - 2:00 Voices & Delusions (CR) - Don* & Jo*
 1:00 - 3:30 Sewing (SR) - Pat* & Carmen
 1:30-2:30 SJSU OT Students (AR)
 2:30 - 3:30 Cooking (MPR) - Jonathan & Jennifer

* (MHRS) Mental Health Rehabilitation Specialist

Breakfast (9:00 - 9:30 A.M.) and Lunch (11:30 A.M. - 12 P.M.) are provided daily on a first come, first served basis.

Breakfast Menu

Monday - Croissant Sandwiches
 Tuesday - Debbie's Choice
 Wednesday - Debbie's Choice
 Thursday -Cold or Hot Cereal w/ Fruit
 Friday - Pancake/Sausage on a stick
 Saturday - Cold or Hot Cereal w/ Fruit

Wednesday 9 A.M. - 1:30 P.M.

9:15 - 10:00 Q&A w/ Director (FR) - Josué
 9:30 - 10:15 TV Time (SR) - Don
 9:45 - 10:00 Meditation (CR) - Jasmine
 10:00 - 10:45 Chair Volleyball (MPR) - Carmen
 10:30 - 11:30 Yoga (SR) - Don*
 10:30 - 11:30 Holiday Crafts (AR) - Liz
 12:00 - 1:15 Entertainer - Jonathan
 12:00 - 1:00 Beginning Pool Table (FR) - Don*
 12:00 - 1:00 Happiness (Zoom/SR) – Pat*

Thursday 9 A.M. - 4 P.M.

9:15 - 9:30 Community Meeting (FR) - Jasmine
 9:30 - 10:15 TV Time (SR) - Jasmine
 10:00 - 10:45 G90X (MPR) - Don*
 10:00 - 11:00 DIY Nails (MPR) - Carmen
 10:15 - 11:45 Painting (AR) - Pat*
 10:30 - 11:30 Resource Hour (SR) - Jo* & Heather
 11:00 - 11:30 Let it Grow Watering (Patio) - Liz/Diego
 12:00 - 1:00 Armchair Travel (SR) - Heather
 12:30 - 1:30 Band Jam (MPR/Patio) - Jonathan
 1:30 - 2:30 Music Appreciation (SR) - Liz
 2:30 - 3:15 Bingo (FR) – Jasmine

This Month's Outings

TBA

New Outings Registration Process! Registration for this outing begins on the November 1st. Please see Front Desk for more details.

Friday 9 A.M. - 4 P.M.

8:00 - 12:15 Dignity On Wheels (Parking Lot)
 9:15 - 9:30 Community Meeting (FR)- Don
 9:30 - 10:15 TV Time (SR) - Don
 10:30 - 11:30 Creative Writing (AR) Jo
 10:30 - 11:30 Wii Sports (MPR) - Jonathan
 10:30 - 11:30 Baking (SR) - Liz and Heather
 12:30-1:30 TV time (SR) - Liz
 1:00 - 3:30 Open Art Studio (AR) - Pat
 1:30 - 3:45 Movie Friday (MPR) - Jonathan
 2:00 - 3:00 Say Something (CR) – Don*

Saturday 10 A.M. - 2 P.M.

10:15- 10:30 Community Meeting (FR) -Ray
 10:30 - 11:00 Open Art (AR) - Ray
 10:30 - 11:30 Tech Hour (SR) - Diego
 11:30 - 12:30 Happy Hour (MPR) - Jonathan
 12:45 - 1:45 Don's Talk Group (CR) – Don*
 1:15 - 1:45 - Bingo (MPR) - Ray & Diego

Special Events

November 1- Dia de Los Muertos Alter.
 November 6 & 13- Make ornaments for the Tree
 November 11- Closed for Veteran's Day
 November 15- Thanksgiving Celebration 4-7pm
 (Center closed until 4pm)
 November 26- Birthday Celebration 12pm (FR)
 November 26- Tree decorating at Christmas in the Park-sign up at the front desk.
 limited space
 November 28,29- Closed for Thanksgiving

Grace Room Key

AR = Art Room	P = Patio
CR = Community Room	PL = Parking Lot
FR = Front Room	SR = Sewing Room
MPR = Multi-Purpose Room	TBA = To Be Announced
	Z = Zoom

We do our best to keep the program schedule as listed, but schedule is subject to change without notice.