

HELLO

AUGUST

2018 Activity Calendar



900 Lindsey Street Columbus, IN 47201
812-372-6415 www.justfriendscolumbus.com

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| | | <p>Wednesday 1</p> <p>Morning Café with Cindy Stretch and Sway with Kaye Who am I with Linda & JD Crazy 8's Club Health Ed with Tricia & Raleigh <i>12:00pm - Lunch Club</i> Ping Pong with Gayle or Pool with Bill Hand & Back Massage plus Nail therapy with staff <i>2:30pm - Afternoon Cafe</i> Word search with Maria Word unscramble with Dick "Would you Rather" with Raleigh</p> | <p>Thursday 2</p> <p>Caffeine Café with Bob Water the garden with Mary Stretch with Greg Puzzles with Kaye Guggenheim with Steve Let's stroll before lunch with Raleigh <i>12:00pm - Lunch Club</i> Chair Volleyball Penny Ante with Cindy Massage and Manicure with Sandy <i>2:30pm - Afternoon Cafe</i> Afternoon stroll with Irene Artwork with Vic</p> | <p>Friday 3</p> <p>Hot Refreshments with Cindy Baking Club with Sandy, Gayle, & Greg Morning Discussion with Howard Body in motion with Kaye <i>12:00pm - Lunch club</i> After lunch lemonade in the garden Bingo or Trivia with Bill <i>2:30pm - Afternoon Cafe</i> Concentration with Raleigh Fun Facts Friday</p> |
| <p>Monday 6</p> <p>Tea or Coffee with Cindy Exercise time with Greg Stroll to the garden with Dwain Puzzles with Ray <i>12:00pm - Lunch club</i> 1-2pm - Drumming @ MRC Walk to Bingo with Dick <i>2:30pm - Snack Café & Judy on piano</i> Checkers with Dwain Word searches, Trivia or Relax to music with staff</p> | <p>Tuesday 7</p> <p>Coffee and Cards with Gayle Morning Stretch with Jim Morning Discussions with Steve Check ou the garden with Raleigh <i>12:00pm - Lunch club</i> Uno with Kaye or "Who am I?" with Linda Basketball with Raleigh <i>2:30pm - Snack Café</i> Charades with Sandy Afternoon stroll with Raleigh</p> | <p>Wednesday 8</p> <p>Coffee Hour with Staff Crazy 8's with Kaye "Would you Rather" w/ Waunita & Bob Walking Club with J.D Coloring Techniques with Roger <i>12:00pm - Lunch club</i> Ping Pong with Kaye & Gayle Pool with Bob & Dwain Puzzles or Painting <i>2:30pm - Snack Café</i> Afternoon stroll outside Gunsmoke with Raleigh</p> | <p>Thursday 9</p> <p>Tea & Conversation with Steve Strolling outside with Dwain Table games with Peggye & Naomi 10:00am - Karaoke Mike <i>12:00pm - Lunch Club</i> Lemonade in the garden Connect 4 with Peggye Ring Toss with Richard O <i>2:30pm- Snack café</i> Bowling with Peggye Painting by Cindy Crazy 8's with Kaye</p> | <p>Friday 10</p> <p>Coffee Hour with Billy Baking with Gayle, Greg & Irene Puzzles with Dick Before Lunch Stroll with Raleigh <i>12:00pm - lunch club</i> After lunch stroll outside Bingo with Bill <i>2:30pm- Snack café</i> Basketball with Sandy Relax into the weekend with Cindy</p> |

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| <p style="text-align: center;">Monday</p> <p style="text-align: right;">13</p> <p>Coffee & Current Events with staff Exercise Club with Greg Mexican Train with Connie Table games with Dwain Before lunch stroll with Raleigh <i>12:00pm - Lunch Club</i> We will be walking to our Bingo or Bango 1-2pm – Drumming Circle @ MRC <i>2:30pm – Afternoon Café & Judy on piano</i> Hangman or concentration with Irene</p> | <p style="text-align: center;">Tuesday</p> <p style="text-align: right;">14</p> <p>Coffee & Cards with Lewis Recipes ideas with Greg Water the garden with Dwain & Kaye Guggenheim with Steve Surprise Facts with Kay <i>12:00pm – Lunch club</i> 1:30pm – Peg on piano Nail & Hand massages with Gayle Walking Club with Peggye <i>2:30pm – Snack Café</i> Finish Lines with Cindy</p> | <p style="text-align: center;">Wednesday</p> <p style="text-align: right;">15</p> <p>Trivia, Card games or Gunsmoke with Raleigh</p> <p>Coffee & Current events with Bill Art Café with Vic Crazy 8s with Gayle Morning Stroll to our garden with Dwain <i>12:00pm – Lunch club</i> Ping Pong with Gayle & Kaye Pool with Bob, & Bill Art with Cindy or Penny Ante with Sandy <i>2:30pm - Snack Café</i> Afternoon relax in the garden</p> | <p style="text-align: center;">Thursday</p> <p style="text-align: right;">16</p> <p><i>2:30pm – Snack café</i> Jokes & Riddles or Crazy 8s with Sandy</p> <p>Tea & Conversation with staff Stretch & Sway or Balloon Ball with Greg Cat Facts with Jim 10:30am - Silver Edition Walking Club with Dwain <i>12:00pm- Lunch club</i> After lunch relax in the shade with Maria Ring Toss or Basketball with Richard <i>2:30pm- Snack Café</i> Jenga or Pyramid game with Ray</p> | <p style="text-align: center;">Friday</p> <p style="text-align: right;">17</p> <p>Table games, puzzles & Checkers with Raleigh</p> <p>Coffee hour with Billy Lemonade in our garden with Naomi Baking with Irene, Gayle, & Greg Body in motion with Kaye or Walking Club with Raleigh <i>12:00pm- Lunch club</i> Bingo or Trivia With Bill Bean Bag Toss with Dick <i>2:30pm – Snack café</i> Card games & Puzzles with Irene</p> |
| <p style="text-align: center;">Monday</p> <p style="text-align: right;">20</p> <p>Trip Week to American Legion</p> <p>Coffee & Current Events with Bill Stroll outside with Greg Balloon Ball with Gayle Coloring</p> <p>Techniques with Dick Where am I? with Waunita Walking Club with Raleigh <i>12:00pm – Lunch Club</i> Let's walk to our Bingo venue with Bill 1-2pm – Drumming @ MRC Checkers with Greg <i>2:30pm- Snack café & Judy on Piano</i> Song in a hat or Fun facts with Dwain</p> | <p style="text-align: center;">Tuesday</p> <p style="text-align: right;">21</p> <p>Afternoon Stroll with Raleigh</p> <p>Coffee & Current Events with staff & Bob Knock 'em down cans or Balloon Volleyball with Kaye Morning Discussions with Steve or 20 Questions with Gayle Let's check on our garden with Cindy <i>12:00pm – Lunch Club</i> Bingo with Sandy or Basketball with Richard O. <i>2:30pm – Snack Café</i> Word unscramble with Irene Jokes & Riddles with Raleigh</p> | <p style="text-align: center;">Wednesday</p> <p style="text-align: right;">22</p> <p>Coffee & Cards with Kaye Stretch & sway with Bob Table games, participant's choice Watering the garden with Cindy <i>12:00pm – Lunch Group</i> Ping Pong with Carole, Gayle & Kaye Pool with Bob & Bill Table trivia with Greg <i>2:30pm – Snack café</i> Word searches, checkers or Fun Facts with Ray</p> | <p style="text-align: center;">Thursday</p> <p style="text-align: right;">23</p> <p>Fun Trivia your choice</p> <p>Tea & Conversation with Gayle Mexican Train Dominoes w/ Irene & Naomi Bean bag Toss with Kaye Walking Club with Raleigh <i>12:00pm – Lunch club</i> Nail & Hand massage with Cindy & Mary Basketball with Richard O <i>2:30pm – Snack Café</i> Hangman w/ Carole or What am I? w/ Kaye Music with Sandy Puzzles your choice</p> | <p style="text-align: center;">Friday</p> <p style="text-align: right;">24</p> <p>Coffee Hour with Billy Baking with Gayle, Naomi, & Greg Stretch to the music with Kaye Word unscramble with Bill Let's walk with Dwain <i>12:00pm – Lunch Club</i> Range of motion with Dick Bingo, Bango, or Trivia with Irene <i>2:30pm – Snack Café</i> Ring Toss with staff Relax into the weekend with Raleigh</p> |
| <p style="text-align: center;">Monday</p> <p style="text-align: right;">27</p> <p>Tea & Coffee Time with Cindy Exercises with Bill Health Education with Jackie & Irene Stretch your legs with Dwain <i>12:00pm – Lunch Club</i> Walk to Bingo with Gayle <i>2:30pm- Snack café & Judy on Piano</i> Bowling with Raleigh Checkers with Greg</p> | <p style="text-align: center;">Tuesday</p> <p style="text-align: right;">28</p> <p>Coffee & Current News with staff Balloon Ball with Noodles or Body in motion with Greg Morning discussion with Jim Walking Club with Dwain <i>12:00pm – Lunch club</i> 1:30pm – Peg on Piano Bingo or Bean Bag Fun with Sandy <i>2:30pm – Snack Café</i> Nail/Hand massage with Cindy</p> | <p style="text-align: center;">Wednesday</p> <p style="text-align: right;">29</p> <p>Coffee & Cards with Dwain Morning Stretch with Cindy Bean Bag Toss with Bob Jenga, Connect 4 or Puzzles with Dick Walking Club with JD & Raleigh <i>12:00pm – Lunch Group</i> Ping Pong with Kaye, Gayle, & JD 2:00pm – Music with Damien Pool with Bill & Bob Song in a Hat</p> | <p style="text-align: center;">Thursday</p> <p style="text-align: right;">30</p> <p>Tea & Conversation with Steve Strolling outside with Dwain Crafts with Naomi, Irene & Gayle Balloon Ball with Noodles with Greg Pre lunch walking group with Raleigh <i>12:00pm – Lunch club</i> Nail hand massage with Gayle Basketball with Richard O <i>2:30pm – Snack café</i></p> | <p style="text-align: center;">Friday</p> <p style="text-align: right;">31</p> <p>Coffee Hour with staff Baking with Irene, Sandy, Gayle, & Greg Walking outside to our garden Birthday Club – Decorating the bulletin board Ring Toss with Kaye <i>12:00pm – Lunch Club</i> 1:00pm – Karaoke Mike Bingo or Trivia with Roger</p> |

2:30pm – *Snack Café*

Dominos, Uno or Balloon Ball with Cindy

Relax into the weekend with Raleigh

