

September

2018 Activity Calendar



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

Monday 3 Closed for Labor Day	Tuesday 4 Coffee & cards with Cindy Morning stretch with Jim Topical discussions with Steve Walking Club with Raleigh <i>12:00pm - Lunch Club</i> Uno with Kaye S or Who am I with staff Basketball with Raleigh <i>2:30pm - Afternoon Cafe</i> Charades with Sandy Afternoon stroll with Cindy	Wednesday 5 Morning Café with Cindy Stretch and Sway with Kaye Baking with Irene, Juluis & Kaye Health Ed with Tricia Walking Club with 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	Thursday 6 Caffeine Café with Bob Exercise time with Greg Connect 4 with Peggye Walking Club with Gayle Puzzles with Kaye <i>12:00pm - Lunch Club</i> Nail & Hand Massage with Cindy Ring Toss with Richard <i>2:30pm - Afternoon Cafe</i> Table games, puzzles & Checkers with Raleigh	Friday 7 Coffee Hour with Staff Mexican Train Dominoes with Gayle Walking outside with Sandy Stretch to the music with Maria <i>12:00pm - Lunch club</i> Range of motion with Dick Bingo or Trivia with Irene <i>2:30pm - Afternoon Cafe</i> Ring Toss with Irene Jokes, Riddles or Crazy 8’s with Sandy Relax to Music
Monday 10 Coffee & Current Events with staff Exercise club with Greg Coloring Techniques with Dick 11:00am - Let’s walk to Bingo Walking club with Raleigh <i>12:00pm - Lunch club</i> 1-2pm – Drumming @ MRC <i>2:30pm - Snack Café & Judy on piano</i> Hangman with Dick Checkers with Greg Gunsmoke with Raleigh	Tuesday 11 Coffee hour with Gayle Knock’em down cans or Balloon Volleyball with Kaye Guggenheim with Steve Surprise Facts with Kay Walking Club with Greg <i>12:00pm - Lunch club</i> 1:30pm – Peg on Piano Basketball with Bob Afternoon stroll with Peggye Trivia with staff <i>2:30pm - Snack Café</i> Ring Toss with Cindy Relax to music with Sandy	Wednesday 12 Coffee & Current events with Bill Crazy 8’s with Gayle Bean Bag Toss with Bob Walking club with J.D. <i>12:00pm - Lunch club</i> Penny Ante with Waunita Ping Pong with JD, Kaye & Gayle Pool with Bill & Bob <i>2:30pm - Snack Café</i> Word searches, checkers or Fun Facts with Ray	Thursday 13 Tea & Conversation with Steve Strolling outside with Greg Crazy 8’s with Kaye 10:00am – Karaoke Mike Walking Club with staff <i>12:00pm - Lunch Club</i> Nail & hand massage with Cindy Basketball with Bob <i>2:30pm- Snack café</i> Hangman or Who am I with Waunita Table games, puzzles, & Checkers with Raleigh	Friday 14 Coffee & conversation with Billy Baking with Irene, Sandy, Gayle, & Greg Walking Club with Raleigh <i>12:00pm - lunch club</i> Range of motion with Dick Ring Toss with Kaye or Bingo with Irene <i>2:30pm- Snack café</i> Dominos, Uno or Trivia with Sandy Relax into the weekend with Raleigh

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Trip Week to Appleworks. Just Friends will provide sack lunches for everyone.				
<p>Tea & Coffee Time with Cindy Exercises with Bill 11:00am – Let’s walk to Bingo with Bill Coloring Techniques with Dick Before lunch stroll with Raleigh 12:00pm - <i>Lunch Club</i> 1-2pm – Drumming Circle @ MRC 2:30pm – <i>Afternoon Café & Judy on piano</i> Finish Lines with Cindy Fun Facts with Raleigh What am I? with staff Relax to music</p>	<p>Coffee & Cards with Lewis Recipes ideas with Greg Balloon ball with noodles or body in motion with Gayle Who am I? with staff Walking club with Raleigh 12:00pm – <i>Lunch club</i> Bingo with Sandy Checkers with Jim Basketball with Richard 2:30pm – <i>Snack Café</i> Trivia with Irene Fun Facts with Raleigh Relax to music</p>	<p>Coffee & current events with Bill Baking with Kaye, Irene, & Gayle Before lunch stroll with Raleigh 12:00pm – <i>Lunch club</i> Ping Pong with JD, Gayle & Kaye Pool with Bob & Bill 2:30pm - <i>Snack Café</i> Word searches, checkers, or Fun Facts with Ray Gunsmoke with Raleigh</p>	<p>Tea & Conversation with staff Strolling outside with Steve Table games, participant’s choice What am I? with Judy Walking club with Raleigh 12:00pm- <i>Lunch club</i> Nail & hand massage with Cindy Basketball with Irene 2:30pm- <i>Snack Café</i> Hangman with Bob Music time with Sandy Dominoes with Raleigh</p>	<p>Coffee hour with Billy Crafts with Naomi, Irene, & Greg Body in motion with Kay or Walking club with Raleigh 12:00pm- <i>Lunch club</i> Bingo or Trivia with Roger Bean Bag Toss with Dick Finishing lines with staff 2:30pm – <i>Snack café</i> Card game with Naomi Relax into the weekend with Raleigh</p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>Start the week off w/ Coffee & Conversation Exercise with Bill 11:00am – Let’s walk to Bingo Coloring techniques with Dick Walking club with Raleigh 12:00pm – <i>Lunch Club</i> 1-2pm – Drumming @ MRC 2:30pm- <i>Snack café & Judy on Piano</i> Checkers with Greg Word unscramble with Raleigh Puzzles with Sandy</p>	<p>Tea or Coffee with Cindy Exercise time with Greg Stroll outside with Gayle Puzzles with Kaye Walking Club with Raleigh 12:00pm – <i>Lunch Club</i> 1:30pm – Peg on piano Checkers with Jim Word searches with Would you Rather? with Sandy 2:30pm – <i>Snack Café</i> Basketball with Bob with Kaye Relax to the music with Raleigh</p>	<p>Coffee & conversation with Julius Morning stretch with Cindy Bean Bag Toss with Bob Would you Rather? Walking club with Raleigh 12:00pm – <i>Lunch Group</i> Ping Pong with Carole, Gayle & Kaye Pool with Bob & Bill 2:00pm – Damien on Guitar 2:30pm – <i>Snack café</i> Penny Ante with Sandy Word searches, checkers or Fun Facts with Ray Table Puzzle & Your choice</p>	<p>Tea & Conversation with Steve Strolling outside with Greg Crafts with Naomi & Cindy Balloon ball with noodles 12:00pm – <i>Lunch club</i> After lunch walking group with Raleigh Nail, back & hand massage with Gayle 2:30pm – <i>Snack Café</i> Song in a hat with Kaye Gunsmoke with Raleigh Relax with coloring techniques</p>	<p>Tea & conversation with Steve Baking with Irene, Gayle, & Greg Word unscramble with Bill Bingo or Trivia with Sandy Prelunch walking club with Raleigh 12:00pm – <i>Lunch Club</i> 1:00pm – Karaoke Mike Bingo, Bango, or Trivia with Cindy 2:30pm – <i>Snack Café</i> Domino, Uno, or balloon ball with Cindy Relax into the weekend with Raleigh</p>

