


November



2018 Activity Calendar



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

**Throughout the month
we will be taking short
scenic trips**

		Thursday		Friday	
		1		2	
		<p>Tea or Coffee with Cindy Exercise time with Bob Table games with Pat K. What am I? with Judy Bean bag toss with Maria Walking club with Gayle <i>12:00pm - Lunch Club</i> 12:30pm – 2pm St. Peter’s students <i>2:30pm – Afternoon Cafe</i> Hangman with Ray Afternoon stretch with Raleigh Relax to music with Sandy</p>		<p>Coffee hour with Bob Morning stretch with Billy 10:30am – Making Perogies w/ Krystyna Word unscramble with Irene Walking club with Gayle <i>12:00pm – Lunch club</i> Bingo or Trivia with Roger Bean bag toss with Naomi <i>2:30pm – Afternoon Cafe</i> Fun facts with Julius Word searches, puzzles and Relax into the weekend</p>	
Monday	Tuesday	Wednesday	Thursday	Friday	
5	6	7	8	9	
<p>Start off the week with Coffee & Conversation Balloon ball with noodles with Greg Pyramid game with Roger Before lunch walk with Gayle <i>12:00pm – Lunch club</i> 1-2pm – Drumming @ MRC Bingo or Trivia with J.D. <i>2:30pm – Snack Café & Judy on piano</i> Afternoon stretch with Cindy Concentration or Trivia w/ Raleigh</p>	<p>Coffee & Current events with Steve Connect 4 with Peggye Share your favorite story growing up Knock’em down cans Let’s stroll before lunch <i>12:00pm – Lunch club</i> Hand & Back massage plus nail care Basketball with Bob <i>2:30pm – Snack Café</i> Charades with Sandy Puzzles with Pat Finishing lines with Raleigh</p>	<p>Morning café with Bill Stretch & sway with Naomi Baking with Julius & Greg Coloring techniques with Roger Letter of the day with J.D Walking club with Gayle <i>12:00pm – Lunch club</i> 1pm - 2pm St. Peter’s students Ping Pong with Cindy & Sandy Pool with Bob Trivia – your choice <i>2:30pm – Snack Café</i> Afternoon stroll with Raleigh Bowling Relax to music</p>	<p>Caffeine Café with Bob Balloon ball with noodles Mexican train with Irene Dominoes or Charades 10:00am – Karaoke Mike <i>12:00pm – Lunch Club</i> Afternoon stretches with Jim Song in a hat or Penny ante with staff <i>2:30pm- Snack café</i> Word searches or checkers with Raleigh</p>	<p>Greg would like to celebrate his birthday Coffee Hour with Roger Morning stretch with Julius Puzzles or coloring techniques w/ Dick Where am I? with Judy Walking club with Gayle <i>12:00pm – Lunch club</i> After lunch stroll with Cindy Bingo with Bill 2:00pm – Honoring our Veterans Program @ MRC  <i>2:30pm- Snack café</i> Crazy 8’s or checkers with Gayle Relax to music or Gunsmoke with Raleigh</p>	

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Bring in any pictures from your past to share this week				
<p>Coffee & conversation with Cindy Bowling with Greg Guggenheim with Steve Bring in items to be impressed onto parchment paper Walking club with Gayle <i>12:00pm - Lunch Club</i> Bingo or Hangman with Naomi 1-2pm – Drumming Circle @ MRC <i>2:30pm – Afternoon Café & Judy on piano</i> Skip Bo with Irene Afternoon stretches with Maria Table puzzles with Pat</p>	<p>Coffee & current events with staff Knock'em down cans with Pat or Corn hole with Vicki Impression on paper with Kay Walking Club with Gayle <i>12:00pm – Lunch club</i> 1:30pm – Peg on piano Hand & back massages plus manicures with Cindy Basketball with Bob <i>2:30pm – Snack Café</i> Jokes, Riddles & would you rather?</p>	<p>Tea & conversation with Julius Morning stretch or Bowling with Dick Baking Club with Mary Fun facts with staff Walking club with Gayle <i>12:00pm – Lunch club</i> 1pm – 2pm St. Peter's students Ping Pong with Gayle & Sandy Pool with Bob Guggenheim with staff <i>2:30pm - Snack Café</i> Song in a hat with Irene Relax to the music</p>	<p>Tea & Conversation with Steve Let's walk with Gayle 10:30am - Silver Edition On this day in history: Fun facts Vintage Toys with Chris Walking Club with Raleigh <i>12:00pm- Lunch club</i> Ring Toss with Lewis or Bowling with Steve <i>2:30pm- Snack Café</i> Hand & back massage & nail care w/ Cindy Concentration with Raleigh Afternoon walk</p>	<p>Coffee & cards with Dick Mexican Train with Connie Walking club with Maria <i>12:00pm- Lunch club</i> Bingo or Trivia with Greg Afternoon stretch with Billy <i>2:30pm – Snack café</i> Fun facts & trivia Relax before our special dinner 5:30pm Thanksgiving Dinner</p> 
<p>Monday 19 Tea & Coffee with Ray Exercise time with Greg Fun facts & finishing lines with Naomi Walking Club with Gayle & Raleigh <i>12:00pm – Lunch Club</i> 1-2pm – Drumming @ MRC Bingo or Bango with Connie <i>2:30pm- Snack café & Judy on Piano</i> Checkers, Jenga or Charades with Sandy Hangman or Concentration with staff Relax to the music</p>	<p>Tuesday 20 Caffeine Café with Bob Balloon ball with noodles with Gayle Jenga, Connect 4 or Puzzles with Peggye Walking club with Raleigh <i>12:00pm – Lunch Club</i> Bowling with Bob Hand, Nail & back massage with Cindy <i>2:30pm – Snack Café</i> Trivia & Fun facts with Steve Dominoes or Crazy 8's with Irene</p>	<p>Wednesday 21 Tea & conversation with Julius Morning stretch with Dick Name 5 things with Raleigh Walking club with Gayle <i>12:00pm – Lunch Group</i> Ping Pong with Cindy Pool with Bob <i>2:30pm – Snack café</i> Afternoon stretch with Cindy Puzzles or Table games, your choice Relax to the music</p>	<p>Thursday 22 Friday 23</p> <p>Closed  Closed</p>	
<p>Monday 26 Coffee & Current events with Cindy Exercises with Greg Mexican Train with Connie Puzzles with Naomi & Pat Walking Club with Raleigh <i>12:00pm – Lunch Club</i> 1-2pm Drumming @ MRC Bingo with Julius <i>2:30pm- Snack café & Judy on Piano</i> Song in a hat with staff Who am I? with Melissa Gunsmoke or crafts with Raleigh Relax to music</p>	<p>Tuesday 27 Coffee & Cards with Lewis Balloon ball with noodles Mexican Train with Irene Guggenheim with Steve Walking club with Gayle <i>12:00pm – Lunch club</i> Hand, nail & back massages with staff 1:30pm – Peg on Piano Basketball with Bob Name 5 things with Roger <i>2:30pm – Snack Café</i> Afternoon stroll with Raleigh Checkers, Jenga or Charades with Cindy</p>	<p>Wednesday 28 Coffee & Conversation with Pat K. Morning stretches with Naomi Jenga, Checkers or Puzzles with Sandy Acrylic Canvas art with Linda & Kay <i>12:00pm – Lunch Group</i> 1-2pm St. Peter's students Ping Pong with Gayle & Cindy Pool with Bob 2:00pm – Music with Damien <i>2:30pm – Snack café</i> Penny ante with staff Jokes & Riddles with Raleigh</p>	<p>Thursday 29 Tea & Conversation with Steve Baking with Pat & Greg Stretch & sway with Gayle Table games, your choice <i>12:00pm – Lunch club</i> Craft time with Neva Ring toss with Cindy <i>2:30pm – Snack café</i> Word searches, word unscramble, or Trivia with Raleigh Relax to music</p>	<p>Friday 30 Coffee hour with Billy Morning stretch with Naomi Coloring techniques with Dick Connect 4 with Mary Walking club with Gayle <i>12:00pm – Lunch Club</i> 1:00pm – Karaoke Mike After lunch stroll Bingo with Roger Concentration with staff <i>2:30pm – Snack Café</i> Fun facts on Friday Relax into the weekend with Raleigh</p>

