





Just Friends
ADULT DAY SERVICES

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

2019 Activity Calendar

				<p>Friday</p> <p style="text-align: right;">1</p> <p>Western Themed Day Coffee hour with Billy Stretch & Sway with Julius Coloring Techniques with Dick & Roger Walking club with Gayle <i>12:00pm – Lunch club</i> Range of motion with Bob Bingo or Trivia with Naomi <i>2:30pm - Snack</i> Washer toss with Shirley Relax into the weekend with Raleigh</p>
<p>Monday</p> <p style="text-align: right;">4</p> <p>Tea & Coffee time with Greg Stretch your legs with Gayle Topical discussions with staff Walking Club with Raleigh <i>12:00pm – Lunch club</i> 1-2pm – Drumming @ MRC Bingo with Dick <i>2:30pm – Snack Café & Judy on piano</i> Who am I? with Krystana Checkers with Greg Puzzles & Relax to the music w/ Sandy</p>	<p>Tuesday</p> <p style="text-align: right;">5</p> <p>Coffee & current events with Jewell Knock'em down cans with Steve Card games & puzzles with Jim Walking club with Raleigh <i>12:00pm – Lunch club</i> Basketball with Bob Back & hand massage, plus nails <i>2:30pm – Snack Café</i> Letter of the Day Stretch your legs Crazy 8's club</p>	<p>Wednesday</p> <p style="text-align: right;">6</p> <p>Coffee & conversation with Bob Bowling with Billy Ash Wednesday Facts with staff Checkers or Dominoes with Raleigh Walking club with Gayle <i>12:00pm – Lunch club</i> 1pm - 2pm St. Peter's students 2pm – Dr. Chad visiting Ping Pong with Naomi Pool with Greg Concentration or Puzzles with staff <i>2:30pm – Snack Café</i> Relax to music with Raleigh Trivia with staff</p>	<p>Thursday</p> <p style="text-align: right;">7</p> <p>Coffee & current events with Shirley Ring Toss with Greg Connect 4 with Peggye Who am I? with Judy Hangman with staff Walking Club with Jewell <i>12:00pm – Lunch Club</i> After lunch stroll with Lewis Would you rather? <i>2:30pm- Snack café</i> Coloring techniques with Roger Music or movie time Bowling with Raleigh</p>	<p>Friday</p> <p style="text-align: right;">8</p> <p>Tea or Coffee time with Julius Balloon ball with Noodles Baking with Naomi Sharing some childhood memories Walking Club with Raleigh <i>12:00pm – Lunch club</i> Range of motion with Greg Bingo with Shirley Dominoes, Uno, or checkers with Roger <i>2:30pm- Snack café</i> Relax into the weekend with Raleigh</p>

<p align="center">Monday 11</p> <p>Coffee and conversation with Ray Exercise time with Greg Mexican Train with Connie Puzzles with Shirley Walking Club with Gayle <i>12:00pm - Lunch Club</i> 1-2pm Drumming at MRC or Bingo with Billy <i>2:30pm – Afternoon Café & Judy on piano</i> Afternoon stroll with Naomi Penny toss with staff Relax to the music</p>	<p align="center">Tuesday 12</p> <p>Morning café with Vicki Stretch & sway with staff Topical discussions with Jim Baking club with Raleigh Walking Club with Shirley <i>12:00pm – Lunch club</i> Basketball with Bob Music and manicures with Gayle <i>2:30pm – Snack Café</i> Charades and afternoon stroll w/ Raleigh Table games</p>	<p align="center">Wednesday 13</p> <p>Coffee and cards with Roger Bean bag toss with Greg Song in a hat with staff Walking club with Raleigh <i>12:00pm – Lunch club</i> 1:00pm – St. Peter’s students Ping Pong with Gayle Pool with Tommy <i>2:30pm – Snack Café</i> Let’s walk with Greg Checkers, Uno, or Trivia your choice</p>	<p align="center">Thursday 14</p> <p>Tea & conversation with Roger Exercise with light weights Hangman with staff 10:00am – Karaoke Mike Walking club with Gayle <i>12:00pm – Lunch club</i> Balloon ball with Jim Solitaire with Mary Checkers, Connect 4, or coloring techniques <i>2:30pm- Snack Café</i> Penny Ante Finishing lines with Raleigh</p>	<p align="center">Friday 15</p> <p>St. Patrick’s Day Fun – Let’s wear green Coffee hour with Billy Baking with Gayle & Naomi Stretch to the music Walking club with Raleigh <i>12:00pm- Lunch club</i> 1:30pm – 3:30pm Just Friends PROM Let’s stretch before Bingo with Julius St. Patrick’s Day trivia with staff Jenga or Pyramid game with Raleigh <i>2:30pm – Snack café</i> Relax into the weekend</p>
<p align="center">Monday 18</p> <p>Current events with staff 20 Questions with Julius Body in motion with Lewis Walking club with Raleigh <i>12:00pm - Lunch Club</i> 1-2pm Drumming at MRC Bingo with Naomi <i>2:30pm – Afternoon Café & Judy on piano</i> Ring toss or Bean Bag toss with Raleigh Table games your choice</p>	<p align="center">Trip week “Your Choice” (Tues, Wed, & Thur.)</p>			<p align="center">Friday 22</p> <p>Coffee Hour with Billy Exercise Time with Julius Dominoes, Crazy 8’s or Monopoly w/ staff Puzzles with Roger Walking club with Naomi <i>12:00pm – Lunch club</i> Range of motion with Shirley Bingo or Trivia with Bob <i>2:30pm – Snack Café</i> Ring toss, movie then music with Raleigh</p>
<p align="center">Monday 25</p> <p>Coffee Hour with Lewis Balloon ball with Noodles Topical discussions with JD Coloring techniques with Dick Walking club with Ray <i>12:00pm - Lunch Club</i> 1-2pm Drumming at MRC or Bingo with Billy <i>2:30pm – Afternoon Café & Judy on piano</i> What am I? with staff Checkers & Jenga Gunsmoke with Raleigh</p>	<p align="center">Tuesday 26</p> <p>Coffee & current events with Steve Balloon ball with Gayle Guggenheim with Jewell Connect 4 with Peggye <i>12:00pm – Lunch club</i> Basketball with Bob 20 Questions with staff <i>2:30pm – Snack Café</i> Pyramid game, Hangman or Finishing lines with staff</p>	<p align="center">Wednesday 27</p> <p>Tea & conversation with Dick Knock’em down cans with JD Skip Bo with Julius Puzzles with Naomi Walking club with Raleigh <i>12:00pm – Lunch Group</i> 1:00pm – St. Peter’s students 2:00pm – Music with Damien Ping Pong with Gayle or Pool w/ Tommy Hand & back massages plus nails Gayle <i>2:30pm – Snack café</i> Relax to the music with Raleigh</p>	<p align="center">Thursday 28</p> <p>Coffee Hour with Bob Morning stretch with Roger Finishing lines or Reminisce with Dick Word unscramble with staff Walking club with Raleigh <i>12:00pm – Lunch club</i> Afternoon stretch with Roger Bingo or Trivia with Dick Where am I? with staff <i>2:30pm – Snack Café</i> Fun facts with staff Bowling with Raleigh</p>	<p align="center">Friday 29</p> <p>Coffee & current events with Billy Baking club with Naomi, Gayle, & Greg Letter of the Day with Shirley Walking club with Gayle <i>12:00pm – Lunch club</i> 1:00pm – Karaoke Mike Jenga, Checkers, or Chat-a-chini with Greg <i>2:30pm – Snack Café</i> Afternoon stretches with Gayle Relax into the weekend with Raleigh</p>

