








**Activity Calendar 2021**



900 Lindsey Street  
 Columbus, IN 47201  
 812-372-6415  
[www.justfriendscolumbus.com](http://www.justfriendscolumbus.com)

<b>Monday 1</b>	<b>Tuesday 2 <i>Dia de Muertos</i></b>	<b>Wednesday 3</b>	<b>Thursday 4</b>	<b>Friday 5 <i>American Football Day</i></b>
Coffee & cards! Brain Fitness Morning Craft Chair Exercises <b>11:15 BINGO</b> 12:00 pm Lunch Club <b>1:00 pm Spanish Vocabulary</b> Walking Club Afternoon Craft <b>SPORT COMPETITION</b> 2:30 Afternoon Snack Table Topic Discussion	Morning Coffee Letter of the Day Morning Craft <b>11:00-11:45 Veterans Group Chat</b> Sewing Club Chair exercises 12:00pm Lunch Club <b>12:30- 2:10 KARAOKE with Mike</b> Ping Pong or Pool Afternoon Craft <b>SPORT COMPETITION</b> 2:30pm Snack Café Table Topic Discussion Let's go for a walk!	Hot Chocolate or Coffee Memory Board Game Morning Craft <b>11:00-11:45 Veterans Group Chat</b> Stretch with a noodle 12:00 pm Lunch Club <b>Spanish Bingo</b> Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Afternoon Café Table Topic Discussion Walking Club	Hot Chocolate or Coffee Brain Fitness Morning Craft <b>11:15 Bingo Exercises</b> 12:00 pm Lunch Club Opposites Board Game <b>1:00-2:00 Music Therapy with Valerie</b> Let`s go for a walk! Ping Pong or pool Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Snack Café Table Topic Discussion Afternoon Strolling	Morning Coffee and talk Brain Fitness Morning Craft <b>Cooking Club</b> - Let`s cook Pumpkin Roll Cake Chair Exercises 12:00 pm Lunch Club <b>BENGO Card Game</b> Let`s go for a walk! Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Snack café Trivia Table Topic Discussion Afternoon Strolling
<b>Monday 8</b>	<b>Tuesday 9 <i>World Freedom Day</i></b>	<b>Wednesday 10</b>	<b>Thursday 11 <i>Veterans Day</i></b>	<b>Friday 12</b>
Tea & Conversation Brain Fitness Morning Craft Stretch Exercises <b>11:15 BINGO</b> 12:00 pm Lunch Club <b>1:00 pm Spanish Club</b> Walking Club Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Afternoon Café and <b>Judy on Piano</b> Table Topic Discussion	Coffee & cards! Brain Fitness Morning Craft Sewing Club Chair exercises 12:00pm Lunch Club Ping Pong or Pool Afternoon Craft <b>SPORT COMPETITION</b> 2:30pm Snack Café Table Topic Discussion Let's go for a walk!	Hot Chocolate or Coffee Memory Board Game Morning Craft <b>11:00-11:45 Veterans Group Chat</b> Stretch with a noodle 12:00 pm Lunch Club <b>Spanish Bingo</b> Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Afternoon Café Table Topic Discussion Walking Club	Morning Coffee Brain Fitness Morning Craft <b>11:15 Bingo Exercises</b> <b>Veterans Lunch</b> 12:00 pm Lunch Club Name 5's Game Ping Pong or pool Afternoon Craft <b>SPORT COMPETITION</b> 2:30 pm Afternoon Café Table Topic Discussion Afternoon Strolling	Morning tea and talk Brain fitness Morning Craft <b>Cooking Club</b> - Let`s cook Roasted Potato and Turkey Hash Chair Exercise 12:00 pm Lunch Club Penny Ante Game Afternoon Craft <b>SPORT COMPETITION</b> 2:30pm Snack Café Table Topic Discussion Let`s go for a walk!

<b>Monday 15 <i>National Recycling Day</i></b>	<b>Tuesday 16</b>	<b>Wednesday 17</b>	<b>Thursday 18</b>	<b>Friday 19</b>
<p>Hot Chocolate or Coffee            Word Association Board Game            Morning Craft  <b>11:15 Bingo Exercises</b>            12:00pm Lunch Club            Let's go for a walk!  <b>1:00 pm Spanish Club</b>            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30pm Afternoon Café and <b>Judy on piano</b>            Table Topic Discussion            Afternoon Walking Club</p>	<p>Morning Coffee            Memory Board Game  <b>Morning Craft</b>            Exercise with a Stretch band  <b>Sewing Club</b>            12:00 pm Lunch Club  <b>12:30-1:00 Mary Jane Piano Performance</b>            Ping Pong or Pool            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30pm Snack Café            Let's go for a walk!</p>	<p>Coffee and Cards!            Brain Fitness  <b>Morning Craft</b>            Chair Exercises            12:00 pm Lunch Club  <b>1:00-2:00 Music Therapy with Valerie</b>            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30 pm Afternoon Café            Table Topic Discussion            Finishing the lines            Walking Club</p>	<p>Tea &amp; conversation            Brain Fitness            Morning Craft  <b>11:15 Bingo Exercises</b>            12:00 pm <b>THANKSGIVING LUNCH</b>  <b>The Price is Right Board Game</b>            Ping Pong or pool            Afternoon Craft  <b>MOVIE and POPCORN</b>            2:30 pm Afternoon Café  <b>SPORT COMPETITION</b>            Table Topic Discussion            Afternoon Strolling</p>	<p>Morning tea and talk            Brain Fitness            Morning Craft            Dance Workout            12:00 pm <b>THANKSGIVING LUNCH</b>  <b>1:00 pm Spanish Club</b>            Let's go for a walk!            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30pm Snack Café            Table Topic Discussion            Afternoon Stretching</p>
<b>Monday 22</b>	<b>Tuesday 23</b>	<b>Wednesday 24</b>	<b>Thursday 25</b>	<b>Friday 26</b>
<p>Coffee and cards            Brain Fitness            Morning Craft  <b>11:15 Bingo Exercises</b>            12:00pm - Lunch Club            Prize is Right Board Game  <b>1:00 pm Spanish Club</b>            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30pm Afternoon Café and <b>Judy on piano</b>            Table Topic Discussion            Enjoy your walking!</p>	<p>Coffee or Tea            Brain fitness  <b>Morning Craft</b>            Sewing Club            Workout with Dumbbells            12:00 pm Lunch Club  <b>Penny Ante Game</b>            Ping Pong or pool            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30 pm Afternoon Café            Table Topic Discussion            Afternoon walking</p>	<p>Coffee talk            Brain fitness  <b>Morning Craft</b>            Chair Exercises            12:00 pm Lunch Club            Sing a long            Walking Club            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30 pm Snack Café            Table Topic Discussion            Finishing the lines</p>	<p style="text-align: center;"><b>WE ARE CLOSED</b></p> 	<p style="text-align: center;"><b>WE ARE CLOSED</b></p> 
<b>Monday 29</b>	<b>Tuesday 30</b>	<p><b>BLUEGRASS BAND</b></p> <p><b>November 29, 2021</b></p> 	<p><b>MUSIC THERAPY</b></p> <p><b>With Valerie</b></p> <p><b>November, 2021</b></p> 	<p><b>PIANO PERFORMANCE</b></p> <p><b>With Mary Jane</b></p> <p><b>November 16, 2021</b></p> 
<p>Morning Coffee            Brain Fitness            Morning Craft            Workout with Stretch Band  <b>11:15 BINGO</b>            12:00pm - Lunch Club            Letter of the Day  <b>1:00-2:15 BlueGrass Band</b>            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30pm Afternoon Café            Table Topic Discussion            Enjoy your walking!</p>	<p>Coffee or Tea            Brain fitness            Morning Craft  <b>Sewing Club</b>            Chair exercises            12:00 pm Lunch Club            True or false            Afternoon Craft  <b>SPORT COMPETITION</b>            2:30 pm Afternoon Café and <b>Judy on Piano</b>            Table Topic Discussion            Afternoon walking</p>			

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