



Activity Calendar 2022



900 Lindsey Street
Columbus, IN 47201
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Monday 3	Tuesday 4 <i>National Trivia Day</i>	Wednesday 5	Thursday 6	Friday 7
Morning coffee Word Association Board Game Morning Craft 11:15 Bingo Exercises Balloon Ball with the noodles 12:00pm Lunch Club Letter of the Day! Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Afternoon walking club Table Topic Discussion	Coffee & cards Brain Fitness Morning Craft Dance Workout Sewing Club 12:00 pm Lunch Club Trivia Alphabetical Order Board Game Ping Pong or Pool Afternoon Craft Let's go for a walk! SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion	Tea & conversation Memory Board Game Morning Craft Chair Exercises 12:00 pm Lunch Club Name 5's Board Game 1:00-2:00 Music Therapy with Valerie Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Sing a long Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Hangman Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Afternoon Strolling	PAJAMA DAY Morning Coffee and talk Brain Fitness Morning Craft Cooking Club- Lets cook Peach Cobbler Chair Exercises 12:00 pm Lunch Club Spanish Bingo Afternoon Walking Club Afternoon Craft SPORT COMPETITION 2:30 pm Snack Discussion Trivia
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Hot chocolate or Coffee Memory Board Game Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Scramble words Game Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on Piano Table Topic Discussion	Coffee & cards! Letter of the Day! Morning Craft Chair Exercises 10:30-11:30 Music Therapy with Valerie Sewing club Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion	Tea & conversation Brain Fitness Morning Craft Stretch with a noodle 12:00 pm Lunch Club Cool Math Board Game Afternoon Craft Walking Club! SPORT COMPETITION 2:30 pm Afternoon Café Sing Along Table Topic Discussion	Morning Coffee Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Pictionary Game Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Afternoon Strolling	Morning tea and talk Brain fitness Morning Craft Cooking Club- Let's cook Creamy Potato Soup Chair Exercise 12:00 pm Lunch Club BENGO Card Game Afternoon Craft SPORT COMPETITION Sing a long 2:30pm Snack Café Table Topic Discussion

Monday 17 Civil Rights Day	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Morning coffee Word Association Board Game Morning Craft Chair Exercises 11:15 Bingo 12:00pm Lunch Club The Prize is Right Game Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee & cards Memory Board Game Morning Craft Exercise with a Stretch band Sewing Club 12:00 pm Lunch Club 12:30-1:00 Mary Jane Piano Performance Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Let's go for a walk!	Hot Chocolate or Coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club Spanish Club 1:00-2:00 Music Therapy with Valerie Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Finishing the lines	Tea & conversation Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Letter of the Day Ping Pong or pool Afternoon Craft 2:30 pm Afternoon Café SPORT COMPETITION Table Topic Discussion Afternoon Strolling	Morning tea and talk Brain Fitness Morning Craft Cooking Club- Let's cook Carrot Cake Muffin Dance Workout 12:00 pm Lunch Club Spanish Bingo Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion Afternoon Stretching
Monday 24 Int'l Day of Education	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Coffee and cards Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00pm - Lunch Club Memory Board Game Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Table Topic Discussion Enjoy your walking!	Coffee or Tea Brain fitness Morning Craft Workout with Dumbbells 10:30-11:30 Music Therapy with Valerie 12:00 pm Lunch Club Guggenheim Board Game Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Afternoon walking	Coffee talk Brain fitness Morning Craft Chair Exercises 12:00 pm Lunch Club Pictionary Game Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion Afternoon Walking	Tea & conversation Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Trivia Let's go for a Walk! Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Afternoon Strolling	Morning tea and talk Brain Fitness Morning Craft Cooking Club- Healthy Chocolate Chip cookies Dance Workout 12:00 pm Lunch Club BENGO Card Game Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion
Monday 31				
Coffee and cards Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00pm - Lunch Club 1:00 pm Spanish Club Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Table Topic Discussion Enjoy your walking!	January 7, 2022 	Music Therapy with Valerie January 5,7,11, 19 and 25 	Fridays 	

Comentado [LP1]:

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