

MAY




SOURCE: SHUTTERSTOCK

Activity Calendar 2022



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

Monday 2	Tuesday 3 <i>Nat'l Teacher Day</i>	Wednesday 4	Thursday 5 <i>Cinco de Mayo</i>	Friday 6 <i>National Nurses Day</i>
Morning Coffee Name 5's Board Game Morning Craft 11:15 Bingo + Exercises 12:00 pm Lunch Club Walking Club! Trivia Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on Piano Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Craft Sewing Club Dumbbells Exercises Let's go for a walk! 12:00 Lunch Club BUNCO GAME Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	Tea & Conversation Trivia Morning Craft Chair Exercises 12:00 pm Lunch Club Walking Club! 1:00 – 2:00 Music Therapy with Valerie Afternoon Craft SPORT COMPETITION 2:30 pm Snack Café Hangman Table Topic Discussion	CINCO DE MAYO DAY Coffee & Cards Memory Board Game Morning Craft Dancing Exercises 11:15 BINGO 12:00 pm Lunch Club Spanish Club Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Tea or coffee Letter of the day Morning Craft Cooking Club -Let's cook Beef Vegetable Soup Chair Exercises 12:00 pm Lunch Club The Price is Right Game Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Snack café Hangman Table Topic Discussion
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Hot chocolate or Coffee Brain Fitness Morning Craft 11:15 Bingo 12:00 pm Lunch Club 1:00-2:30 Karaoke with Mike Chair Exercises Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Coffee & cards! Brain Fitness Morning Craft Let's go for a walk! 10:30- 11:30 Music Therapy with Valerie 12:00pm Lunch Club BENGO CARD GAME Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion Trivia	Tea & conversation Brain Fitness Morning Craft Stretch with a noodle Let's go for a walk! 12:00 pm Lunch Spanish Bingo Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Hangman Table Topic Discussion	Morning Coffee Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Let's go for a walk! BUNCO GAME Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on Piano Table Topic Discussion Afternoon Strolling	Morning tea and talk Memory Board Game Morning Craft Cooking Club - Let's cook Tomato Soup Chair Exercise 12:00 pm Lunch Club Opposite Word Game Afternoon Craft SPORT COMPETITION Sing a long Let's go for a walk! 2:30pm Snack Café Table Topic Discussion

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>Morning coffee Word Association Board Game Morning Craft Stretch your body 11:15 BINGO 12:00pm Lunch Club Let`s go for a walk! Hot Potato Game Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Table Topic Discussion</p>	<p>Coffee & cards Memory Board Game Morning Craft Exercise with a Stretch band Sewing Club 12:00 pm Lunch Club 12:30-1:30 Mary Jane Piano Performance Walking Club! Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30pm Snack Café Table Topic Discussion</p>	<p>Hot Chocolate or Coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club Let`s go for a walk! 1:00-2:00 Music Therapy with Valerie Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Finishing the lines</p>	<p>Tea & conversation Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Ping Pong or pool Afternoon Craft 2:30 pm Afternoon Café SPORT COMPETITION Table Topic Discussion Afternoon Strolling</p>	<p>Morning Coffee Letter of the day Morning Craft Cooking Club- Let`s cook Brown Rice Pilaf Dance Exercises 12:00 pm Lunch Club Walking Club! BUNCO GAME Afternoon Craft SPORT COMPETITION Trivia 2:30 Snack Café Table topic Discussion</p>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>Coffee and cards Brain Fitness Morning Craft Dance Exercises 11:15 Bingo 12:00pm – Lunch Club Enjoy your walking! Memory Board Game Afternoon Craft SPORT COMPETITION 2:30pm Afternoon Café and Judy on piano Table Topic Discussion</p>	<p>Coffee or Tea Brain fitness Morning Craft Chair Exercises 10:30-11:30 Music Therapy with Valerie 12:00 pm Lunch Club Word Association Board Game Spanish Club Afternoon walking Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion</p>	<p>Coffee talk Brain fitness Morning Craft Chair Exercises Cooking Club- Let`s cook Brownies Walking Club! 12:00 pm Lunch Club Afternoon Craft Sing a long SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion</p>	<p>Tea & conversation Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Movie & Popcorn Let`s go for a Walk! Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion</p>	<p>GARDEN PARTY WITH KARAOKE Morning coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club Let`s go for a walk! BUNCO GAME Afternoon Craft SPORT COMPETITION 2:30pm Snack café Trivia Table Topic Discussion</p>
Monday 30 Memorial Day	Tuesday 31			
	<p>Tea & conversation Brain Fitness Morning Craft Sewing Club Sing a long 12:00 pm Lunch Club Walking Club Balloon & noodles workout Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion</p>	<p>Music Therapy with Valerie May 4, 10, 18 and 24</p> 	<p>Garden Party/ Karaoke May 27, 2022</p> 	<p>MC DONALD'S TRIP May 19 and 20</p> 

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