




Activity Calendar 2022



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

<i>Monday 1</i>	<i>Tuesday 2</i>	<i>Wednesday 3</i>	<i>Thursday 4</i>	<i>Friday 5</i>
Coffee and cards Brain Fitness Morning Craft Stretch your body 11:15 BINGO 12:00 pm Lunch Club Enjoy your walking! Letter of the day Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee or Tea Brain fitness Morning Craft Balloon & noodle Stretch 12:00 pm Lunch Club Memory Board Game Afternoon walking Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club 1:00- 2:00 Music Therapy with Valerie Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Finishing the lines	Coffee & Cards Memory Board Game Morning Craft Dancing Exercises 11:15 BINGO 12:00 pm Lunch Club Name 5's Game 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- Honey Lime Chicken Dumbbell Exercises 12:00 pm Lunch Club BUNCO GAME Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Snack café Hangman Table Topic Discussion
<i>Monday 8</i>	<i>Tuesday 9</i>	<i>Wednesday 10</i>	<i>Thursday 11</i>	<i>Friday 12</i>
Coffee and cards Brain Fitness Morning Craft Sewing Club 11:15 Bingo Exercises 12:00 pm Lunch Club Let's go for a walk! Pictionary Game Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Craft Let's go for a walk! Chair exercises 10:30-11:30 Music Therapy with Valerie 12:00 pm Lunch Club The Price is Right Game Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion Trivia	Tea & conversation Brain Fitness Morning Craft Stretch with a noodle Walking Club 12:00 pm Lunch BUNCO Game 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! Opposite Words Ping Pong or pool Afternoon Craft SPORTS COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Afternoon Strolling	Morning tea and talk Memory Board Game Morning Craft Cooking Club: Let's cook green pepper Soup Dance Exercises 12:00 pm Lunch Club Spanish Bingo Afternoon Craft SPORT COMPETITION Sing along Let's go for a walk! 2:30 pm Snack Café Table Topic Discussion

<i>Monday 15</i>	<i>Tuesday 16</i>	<i>Wednesday 17</i>	<i>Thursday 18</i>	<i>Friday 19</i>
Morning Coffee Word Association Board Game Morning Craft Sewing Club 11:15 Bingo & Exercises 12:00 pm Lunch Club Hot Potato Game Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee & Cards Memory Board Game Morning Craft Exercise with a Stretch band 12:00 pm Lunch Club 1:00- 2:30 Karaoke with Mike Walking Club! Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	INTERNATIONAL DAY PARTY Hot Chocolate or Coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club 1:00- 2:00 Music Therapy Let's go for a walk! Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion Finishing the lines	Tea & conversation Brain Fitness Morning Craft Walking Club! 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	Morning Coffee Letter of the day Morning Craft Cooking Club- Apple Crisp Dance Exercises 12:00 pm Lunch Club Let's go for a walk! The price is Right Game Afternoon Craft SPORT COMPETITION Trivia 2:30 Snack Café Table topic Discussion
<i>Monday 22</i>	<i>Tuesday 23</i>	<i>Wednesday 24</i>	<i>Thursday 25</i>	<i>Friday 26</i>
Coffee and cards Brain Fitness Morning Craft 10:00-11:00 Oliver (dog) Tricks performance 11:15 Bingo Exercises 12:00 pm Lunch Club Enjoy your walking! Memory Board Game Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee or Tea Brain fitness Morning Craft Dance Exercises 10:30-11:30 Music Therapy with Valerie 12:00 pm Lunch Club BUNCO GAME Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Coffee talk Brain fitness Morning Craft Stretch your body Walking Club! 12:00 pm Lunch Club Spanish Bingo Afternoon Craft Sing a long SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	Tea & conversation Brain Fitness Morning Craft 11:15 Bingo Exercises 12:00 pm Lunch Club Pictionary Game Let's go for a Walk! Ping Pong or pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Morning Coffee Brain Fitness Morning Craft Chair Exercises 12:00 pm Lunch Club Let's go for a walk! BENGO GAME Afternoon Craft SPORT COMPETITION 2:30 pm Snack café Trivia Table Topic Discussion
<i>Monday 29</i>	<i>Tuesday 30</i>	<i>Wednesday 31</i>		
Morning Coffee Brain Fitness Morning Craft Let's go for a walk! 11:15 Bingo + Exercises 12:00 pm Lunch Club 1:00-2:30 Karaoke with Mike Afternoon Craft SPORT COMPETITION 2:30 Afternoon Café and Judy on Piano	Tea & conversation Brain Fitness Morning Craft 12:00 pm Lunch Club Walking Club Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Craft Balloon & noodles exercises 12:00 pm Lunch Club Hangman Walking Club SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	Music Therapy with Valerie August 3, 9, 17 and 23 	Karaoke with Mike August 16 and 29, 2022 

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