December	Activity Calendar 2022	VSCR Just Friends ADULT DAY SERVICES	900 Lindsey Street Columbus, IN 47201 812-372-6415 <u>www.justfriendscolumbus.com</u>		
			Thursday 1	Friday 2	
December 12 and 13, 2022	December 5 and 23, 2022	December 6, 13, and 21, 2022	Coffee & Cards Memory Board Game Chair Exercises 11:15 BINGO 12:00 pm Lunch Club Afternoon Craft Ping Pong or Pool Afternoon Craft SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Tea or coffee Letter of the day 10:30 Sandi's Closet Cooking Club: Pumpkin bread Morning Craft Dumbbell Exercises 12:00 pm Lunch Club BUNCO GAME Let's go for a walk! SPORT COMPETITION 2:30 pm Snack café Table Topic Discussion	
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	
Morning Coffee	Hot Chocolate or Coffee	Tea & conversation	Morning Coffee	Morning tea and talk	
Word Association Board Game	Brain Fitness	Morning Craft	Brain Fitness	Memory Board Game	
Morning Craft	Let's go for a walk!	Brain Fitness	Morning Craft	Morning Craft	
Sewing Club	Exercises with a Stretch band	Connect Four Dice Game	11:15 Bingo Exercises	Cooking Club: Chili Soup	
1:15 Bingo & Exercises	10:30-11:30 Music Therapy with Valerie	Chair Exercises	12:00 pm Lunch Club	Balloon and Noodles Exercise	
L2:00 pm Lunch Club	12:00 pm Lunch Club	Walking Club	Let's go for a walk!	12:00 pm Lunch Club	
:00-2:30 Karaoke with Mike	Memory board Game	12:00 pm Lunch	Cool Math	Word Association Game	
etter of the Day	Ping Pong or pool	1:00 John Rondot's presentation (Trains)	Ping Pong or pool	Sing a long	
SPORT COMPETITION	Afternoon Craft	SPORT COMPETITION	Afternoon Craft	SPORT COMPETITION	
2:30 pm Afternoon Café and Judy on	2:00 Oliver Performance	2:30 pm Afternoon Café	SPORTS COMPETITION	Let's go for a walk!	
piano	SPORT COMPETITION	Hangman	2:30 pm Afternoon Café	2:30 pm Snack Ckafé	
Table Topic Discussion	2:30 pm Snack Café Table Topic Discussion Trivia	Table Topic Discussion	Table Topic Discussion Afternoon Strolling	Table Topic Discussion	

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
CHRISTMAS BAZAAR	CHRISTMAS BAZAAR	Hot Chocolate or Coffee	Tea & conversation	Morning Coffee
Morning Coffee	Coffee & Cards	Brain Fitness	Brain Fitness	Letter of the day
Letter of the day	Brain Fitness	10:30 BINGO & PRIZES	Morning Craft	9:45 Faith Lutheran Preschool Concert
Morning Craft	Morning Craft	Dance Exercises	Walking Club!	Morning Craft
Sewing Club	10:30-11:30 Music Therapy with Valerie	12:00 pm Lunch Club	11:15 Bingo	Cooking Club- Let's make Gingerbread
11:15 Bingo & Exercises	12:00 pm Lunch Club.	Afternoon Craft	12:00 pm Lunch Club	Cookies
12:00 pm Lunch Club	Chair Exercises	Connect Four Dice Game	Balloon and noodles Exercises	Exercises with a Stretch band
Ping pong or Pool	Hangman Game	Let's go for a walk!	Ping Pong or pool	12:00 pm Lunch Club
SPORT COMPETITION	Walking Club!	SPORT COMPETITION	2:30 pm Afternoon Café 0	Pictionary Game
2:30 pm Afternoon Café and Judy on	Ping Pong or Pool	2:30 pm Afternoon Café	SPORT COMPETITION	Let's go for a walk!
piano	SPORT COMPETITION	Table Topic Discussion	Table Topic Discussion	SPORT COMPETITION
Table Topic Discussion	2:30 pm Snack Café		Afternoon Strolling	2:30 Snack Café
	Table Topic Discussion			Trivia
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Coffee and cards	Coffee or Tea	Coffee talk	Tea & conversation	Morning tea and talk
Brain Fitness	Brain fitness	Brain fitness	Brain Fitness	Memory Board Game
Morning Craft	Morning Craft	Morning Craft	Morning Craft	Morning Craft
10:00 – 12:00 St. Peter's Kids	Dumbbells Exercises	10:30 Music Therapy with Valerie in the	Walking Club!	Cooking Club: Warm Cinnamon Apples
Christmas Party	12:00 pm Lunch Club	Library	11:15 Bingo	Balloon and Noodles Exercise
12:00 pm Lunch Club	1:00 Piano performance with Mary Jane	Stretch your body	12:00 pm Lunch Club	12:00 pm Lunch Club
1:00 Bingo & Exercises	& Herb	12:00 pm Lunch Club	Balloon and noodles Exercises	1:00-2:30 Karaoke with Mike
-	Name 5's Game	BUNCO GAME		
Hangman Game SPORT COMPETITION	SPORT COMPETITION	Trivia	Ping Pong or pool	Sing a long SPORT COMPETITION
		SPORT COMPETITION	2:30 pm Afternoon Café 0 SPORT COMPETITION	
2:30 pm Afternoon Café and Judy on	2:30 pm Afternoon Café			Let's go for a walk!
piano	Table Topic Discussion	2:30 pm Snack Café	Table Topic Discussion	2:30 pm Snack Café
Table Topic Discussion		Table Topic Discussion	Afternoon Strolling	Table Topic Discussion
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
we will be Closed FOR THE Holidays	we will be Closed FOR THE Holidays			

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