






Activity Calendar 2022



900 Lindsey Street
 Columbus, IN 47201
 812-372-6415
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		<i>Wednesday 1</i>	<i>Thursday 2 Groundhog Day</i>	<i>Friday 3</i>
<p>Valentine's Party February 14</p>	<p>February 2, 2023</p>	<p>Tea & conversation Morning Art Project Brain Fitness Connect Four Dice Game Chair Exercises Walking Club 12:00 pm Lunch 1:00 – 2:00 Damian Band SPORT COMPETITION 2:30 pm Afternoon Café Hangman Table Topic Discussion</p>	<p>Coffee & Cards Memory Board Game Morning Art Project Chair Exercises 11:15 BINGO 12:00 pm Lunch Club 1:00-2:00 Music Therapy with Valerie Ping Pong or Pool Jeopardy Game SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion</p>	<p>Tea or coffee Letter of the day Cooking Club: Banana Bread Morning Art Project Dumbbell Exercises 12:00 pm Lunch Club Ping Pong or Pool Let's go for a walk! SPORT COMPETITION 2:30 pm Snack café Table Topic Discussion</p>
<i>Monday 6</i>	<i>Tuesday 7</i>	<i>Wednesday 8</i>	<i>Thursday 9</i>	<i>Friday 10</i>
<p>Coffee and cards Brain Fitness Morning Art Project 11:00 Yoga Chair 12:00 pm Lunch Club 1:00 Bingo & Exercises Name 5s Game SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion</p>	<p>Hot Chocolate or Coffee Brain Fitness Let's go for a walk! Exercises with a Stretch band 10:30-11:30 Music Therapy with Valerie 12:00 pm Lunch Club The Price is Right Ping Pong or pool Afternoon Art Project SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion Trivia</p>	<p>Tea & conversation Letter of the day Brain Fitness BENGO Dumbbells Exercises Walking Club 12:00 pm Lunch Afternoon Art Project SPORT COMPETITION 2:30 pm Afternoon Café Hangman Table Topic Discussion</p>	<p>Morning Coffee Brain Fitness 10:00 Sandi's Closet Walking Club! 11:15 Bingo Exercises 12:00 pm Lunch Club Opposite Words Game Ping Pong or pool Afternoon Art Project SPORTS COMPETITION 2:30 pm Snack Café Table Topic Discussion Afternoon Strolling</p>	<p>Morning tea and talk Memory Board Game Morning Art Project Cooking Club: Spanish Rice Balloon and Noodles Exercise 12:00 pm Lunch Club Spanish Bingo Hangman SPORT COMPETITION Let's go for a walk! 2:30 pm Snack Café Table Topic Discussion</p>

Monday 13	Tuesday 14 <i>Valentine's Day</i>	Wednesday 15	Thursday 16	Friday 17
Coffee and cards Brain Fitness Morning Art Project Walking Club! 11:15 Yoga Chair 12:00 pm Lunch Club 1:00 Karaoke with Mike Trivia SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee & Cards Brain Fitness Morning Art Project 12:00 pm Lunch Club. Chair Exercises Hangman Game Walking Club! Ping Pong or Pool SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	Hot Chocolate or Coffee Brain Fitness Morning Art Project BENGO Game Dance Exercises 12:00 pm Lunch Club 1:00-2:00 Music Therapy with Valerie Connect Four Dice Game Let's go for a walk! SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Tea & conversation Brain Fitness Morning Art Project Walking Club! 11:15 Bingo 12:00 pm Lunch Club Balloon and noodles Exercises Ping Pong or pool 2:30 pm Afternoon Café 0 SPORT COMPETITION Table Topic Discussion Afternoon Strolling	Morning Coffee Letter of the day Morning Art Project Cooking Club- Creamy Potato Soup Exercises with a Stretch band 12:00 pm Lunch Club Pictionary Game Let's go for a walk! SPORT COMPETITION 2:30 Snack Café Trivia
Monday 20 <i>President's Day</i>	Tuesday 21 <i>Mardi Grass Day</i>	Wednesday 22	Thursday 23	Friday 24
Coffee and cards Brain Fitness Morning Art Project Let's go for a walk! 11:15 Yoga Chair 12:00 pm Lunch Club 1:00 Bingo & Exercises Pictionary Game SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee or Tea Brain fitness 10:30-11:30 Music Therapy with Valerie Dumbbells Exercises 12:00 pm Lunch Club Jeopardy Game Afternoon Art Project SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion	Coffee talk Brain fitness Morning Art Project Stretch your body 12:00 pm Lunch Club Let's go for a walk! BUNCO GAME Trivia SPORT COMPETITION 2:30 pm Snack Café Table Topic Discussion	Tea & conversation Brain Fitness Morning Art Project Walking Club! 11:15 Bingo 12:00 pm Lunch Club Balloon and noodles Exercises Ping Pong or pool 2:30 pm Afternoon Café 0 SPORT COMPETITION Table Topic Discussion Afternoon Strolling	Morning Coffee Letter of the day Morning Art Project Cooking Club- Vegetable Soup Exercises with a Stretch band 12:00 pm Lunch Club 1:00-2:15 Karaoke with Mike Let's go for a walk! 2:00 Art with Ali @ MRC SPORT COMPETITION 2:30 Snack Café Trivia
Monday 27	Tuesday 28	February 2, 7, 15, and 21, 2023	February 13 and 24, 2023	February 21, 2023
Coffee and cards Brain Fitness Morning Art Project 12:00 pm Lunch Club 1:00 Bingo & Exercises Ping Pong or Pool SPORT COMPETITION 2:30 pm Afternoon Café and Judy on piano Table Topic Discussion	Coffee or Tea Brain fitness Morning Art Project Dumbbells Exercises 12:00 pm Lunch Club Name 5's Game SPORT COMPETITION 2:30 pm Afternoon Café Table Topic Discussion			 <p style="text-align: right; font-size: small;">shutterstock.com · 1259791243</p>

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