

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



February 2019



Armstrong Memory Care Assisted Living

<p>12:30 Warm Up 3 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:00 Basketball 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee & Tea Cart</p>	<p>10:00 Lucky Dice Game 4 11:00 Chair Exercise 1:00 Walking Club 2:00 Sing-A-Long 3:00 Balloon Swat SS 3:30 Card Club 4:00 Move to the Music & Babysitting 6:00 "Fairytale" Bingo</p>	<p>10:00 "Snow Ball" Fight 5 11:00 Music-N-Motion 1:00 Walking Club 2:00 Parachute SS 2:00 Book Nook NS 3:30 Heart Toss 4:00 Kick the Cup 6:30 Family Sip and Paint 7:00 Snack Chat <small>Chinese New Year</small></p>	<p>9:30 Rosary with Sandy 6 10:30 Sing-a-Long 1:00 Walking Club 2:00 "Fairytale" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Coffee & Tea</p>	<p>10:00 Communion Chap 7 10:30 High Low 11:00 Music-n-motion 1:00 Walking Group 2:00 Heart Racing SS 2:00 Card Club NS 3:30 Balloon Tennis 6:00 Sing-a-Long 7:00 Drink Cart and Snack</p>	<p>10:30 "Fairytale" Bingo 1 1:00 Walking Club 2:00 Heart Weaving 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12:45 Kick Ball 2 1:30 Walking Club 2:00 Piano with Sherry Chap 3:30 Nerf Football 4:15 Finish the Phrase 6:00 Fill the Snowman 7:00 Lawrence Welk and Snack Time <small>Groundhog Day</small></p>
<p>12:30 Walking Club 10 1:15 Warm-Up 2:00 Hymn Sing-a-Long 2:00 Sentimental Reflections 3:30 Bean Bag Toss 6:00 Horseshoes 7:00 Coffee & Tea Cart</p>	<p>10:00 Lucky Dice Game 11 11:00 Chair Exercise 1:00 Walking Club 2:00 Sing-A-Long 3:00 High Low SS 3:00 Small Group NS 4:00 Move to the Music & Babysitting 6:00 "Fairytale" Bingo</p>	<p>10:00 Heart Bean Bag 12 11:00 Music-N-Motion 1:00 Walking Group 2:00 Heart Art Craft 3:30 Card Bongo SS 3:30 UNO Club NS 6:00 Kick Ball 7:00 The Go Team Therapy Dogs</p>	<p>10:00 Walking Club 13 10:30 Bible Study with Joe and Linda 1:00 50's Sing-A-Long 2:00 "Fairytale" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:30 Valentine's Day Party with Rachell</p>	<p>10:00 Communion Chap 14 10:30 Card Bongo 11:00 Music-n-motion 1:00 Walking Group 2:00 Heart Racing SS 2:00 Book Nook NS 3:30 Pin the arrow on Cupid 6:00 Ring Toss II 7:00 Drink Cart and Snack <small>Valentine's Day</small></p>	<p>10:30 "FROST" Bingo 15 1:00 Walking Club 2:00 Jewelry Making with Karen & Ann 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12:30 Walking Group 16 2:00 Sing-a-Long II 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Kick the Cup 7:00 Lawrence Welk and Snack Time</p>
<p>12:30 Warm Up 17 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:00 Basketball 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee & Tea Cart</p>	<p>10:00 Lucky Dice Game 18 11:00 Chair Exercise 1:00 Walking Club 2:00 Sing-A-Long 3:30 Bucket Toss 4:00 Move to the Music & Babysitting 6:00 "Fairytale" Bingo <small>Presidents' Day (US)</small></p>	<p>10:00 Resident & Food Council 19 11:00 Music-N-Motion 1:00 Walking Group 2:00 Music with Clair Besse 3:30 Hot Potato 4:00 Kick the Cup 6:00 Heart Bean Bag 7:00 Snack Chat</p>	<p>9:30 Rosary with Sandy 20 10:30 Sing-a-Long 1:00 Walking Club 2:00 "Fairytale" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Pin The Carrot on the Snowman 7:00 Coffee & Tea</p>	<p>10:00 Communion Chap 21 10:30 High Low 11:00 Music-n-motion 1:00 Walking Group 2:00 Heart Racing SS 2:00 Card Club NS 3:30 Kick Ball 6:00 Sing-a-Long 7:00 Drink Cart and Snack</p>	<p>10:30 "FROST" Bingo 22 1:00 Walking Club 2:00 Book Nook NS 2:00 "Fairytale" Bingo 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12:30 Walking Group 23 2:00 Knock the Snowman Down 3:00 "Snow Ball" Toss 4:00 Sit Down Dancing 6:00 Snowball Fight 7:00 Lawrence Welk and Snack Time</p>
<p>12:30 Walking Club 24 1:15 Warm-Up 2:00 Hymn Sing-a-Long 2:00 Sentimental Reflections 3:30 Bean Bag Toss 6:00 Horseshoes 7:00 Coffee & Tea Cart</p>	<p>10:00 Lucky Dice Game 25 11:00 Chair Exercise 1:00 Walking Club 2:00 Sing-A-Long 3:30 Twister Toss 4:00 Move to the Music & Babysitting 6:00 "Fairytale" Bingo</p>	<p>10:00 Paws for People 26 11:00 Music-N-Motion 1:00 Walking Group 2:00 Reading Round Table NS 2:00 Parachute SS 3:00 Kick Ball 4:00 Hot Potato 6:00 Heart Bean Bag 7:00 Snack Chat</p>	<p>10:00 Walking Club 27 10:30 Bible Study with Joe and Linda 1:00 50's Sing-A-Long 2:00 "Fairytale" Bingo SS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Coffee & Tea</p>	<p>10:00 Communion Chap 28 10:30 Card Bongo 11:00 Music-n-motion 1:00 Walking Group 2:00 Heart Racing SS 2:00 Reading Club NS 3:30 Fill the Snowman 6:00 Ring Toss II 7:00 Drink Cart and Snack</p>	<p style="text-align: center;">Family Sip & Paint February 5 6:30-7:30</p> <p style="text-align: center;">Sponsored by Harbor Light Hospice</p> 	

Activities on calendar subject to change

Meal Times; 8:00, 12:00 & 5:00

www.ArmstrongMemoryCareAL.com