

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1>January 2019</h1> <h2>Armstrong Memory Care Assisted Living</h2>	<p>1</p> <p>10:45 Morning Stretch 11:00 Kick Ball 1:00 Balloon Ping Pong 2:00 New Years Bingo 3:30 Sing-A-Long 6:00 Fill the Snowman</p> <p><i>New Year's Day</i></p>	<p>2</p> <p>10:00 Walking Group 10:30 Bible Study with Linda and Joe 1:00 50's Sing-A-Long 2:00 "FROST" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Ring Toss 7:00 Coffee & Tea</p>	<p>3</p> <p>10:00 Communion Chap 10:30 High Low 11:00 Music-n-motion 1:00 Walking Group 2:00 Racing SS 2:00 Small Groups NS 3:30 Fill the Snowman 6:00 Sing-a-Long 7:00 Drink Cart and Snack</p>	<p>4</p> <p>10:30 "FROST" Bingo 1:00 Walking Group 2:00 Men's Group 2:00 Pamper Day/Nail Care 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>5</p> <p>12:30 Walking Group 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>6</p> <p>12:30 Warm Up 1:30 Walking Group 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>7</p> <p>10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 Walking Group 2:00 Sing-A-Long 3:00 High Low 4:00 Move to the Music & Babysitting 6:00 "FROST" Bingo</p>	<p>8</p> <p>10:00 "Snow Ball" Fight 11:00 Music-N-Motion 1:00 Walking Group 2:00 Parachute SS 2:00 Reading Group NS 3:30 Beach Ball 4:00 Kick the Cup 6:00 Snowman Bowling 7:00 Snack Chat</p>	<p>9</p> <p>9:30 Rosary with Sandy 10:30 Sing-a-Long 1:00 Walking Group 2:00 "FROST" Bingo SS 2:00 Reading Circle NS 4:00 Sit Down Dancing 6:00 Pin The Carrot on the Snowman</p>	<p>10</p> <p>10:00 Communion Chap 10:30 Music with the Nobles 11:00 Music-n-motion 1:00 Walking Group 2:00 Racing SS 2:00 Small Groups NS 3:30 Fill the Snowman 6:00 "Snow" Bean Bag Toss 7:00 Drink Cart and Snack</p> <p><i>Happy Birthday Dee Dee!!</i> <i>National Milk Day</i></p>	<p>11</p> <p>10:30 "FROST" Bingo 1:00 Walking Group 2:00 Winter Sky Craft 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12</p> <p>12:30 Walking Group 2:00 Pin the Nose on Frosty 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Pin the Carrot on the Snowman 7:00 Lawrence Welk and Snack Time</p> <p><i>National Hot Tea Day</i></p>
<p>13</p> <p>12:30 Walking Group 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>14</p> <p>10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 Walking Group 2:00 Snowball Fight 3:00 Ring Toss 4:00 Move to the Music & Babysitting 6:00 "FROST" Bingo</p>	<p>15</p> <p>10:00 "Snow Ball" Fight 11:00 Music-N-Motion 1:00 Walking Group 2:00 Music with Dave Propri 3:30 Beach Ball 4:00 Kick Ball 6:00 Ring Toss 7:00 Snack Chat</p> <p><i>National Hat Day</i></p>	<p>16</p> <p>10:00 Walking Group 10:30 Bible Study with Linda and Joe 1:00 50's Sing-A-Long 2:00 "FROST" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Bucket Toss 7:00 Coffee & Tea</p>	<p>17</p> <p>10:00 Communion Chap 10:30 High Low 11:00 Music-n-motion 1:00 Walking Group 2:00 Racing SS 2:00 Small Groups NS 3:30 Fill the Snowman 6:00 Sing-a-Long 7:00 Drink Cart and Snack</p>	<p>18</p> <p>10:30 "FROST" Bingo 1:00 Walking Group 2:00 Men's Group 2:00 Pamper Day/Nail Care 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>19</p> <p>12:30 Walking Group 2:00 Knock the Snowman Down 3:00 "Snow Ball" Toss 4:00 Sit Down Dancing 6:00 Fill the Snowman 7:00 Lawrence Welk and Snack Time</p>
<p>20</p> <p>12:30 Warm Up 1:30 Walking Group 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><i>Activity Professionals Week Begins</i></p>	<p>21</p> <p>10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 Walking Group 2:00 Snowball Relay 3:00 High Low 4:00 Move to the Music & Babysitting 6:00 "FROST" Bingo</p> <p><i>Martin Luther King Day Tu B'Shevat</i></p>	<p>22</p> <p>10:00 Paws for People 11:00 Music-N-Motion 1:00 Walking Group 2:00 Twister SS 2:00 Small Group NS 3:30 Beach Ball 4:00 Kick Ball 6:00 Polka a Dot Toss 7:00 Snack Chat</p> <p><i>Polka Dot Day</i></p>	<p>23</p> <p>9:30 Rosary with Sandy 10:30 Resident & Food Council 1:00 Walking Group 2:00 "FROST" Bingo SS 2:00 Reading Circle NS 4:00 Sit Down Dancing 6:00 Pin The Carrot on the Snowman 7:00 Coffee & Tea</p> <p><i>National Pie Day</i></p>	<p>24</p> <p>10:00 Communion Chap 10:30 Javelin Throw 11:00 Music-n-motion 1:00 Walking Group 2:00 Racing SS 2:00 Small Groups NS 3:30 Fill the Snowman 6:30 Family Party with "Take II"</p>	<p>25</p> <p>10:00 "FROST" Bingo 1:00 Walking Group 2:00 Winter Wonderland Painting 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>26</p> <p>12:30 Walking Group 2:00 Sing-a-Long 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Kick the Cup 7:00 Lawrence Welk and Snack Time</p>
<p>27</p> <p>12:30 Walking Group 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>28</p> <p>10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 Walking Group 2:00 Snowball Fight 3:00 Ring Toss 4:00 Move to the Music & Babysitting 6:00 "FROST" Bingo</p> <p><i>Australia Day (observed)</i></p>	<p>29</p> <p>10:00 "Snow Ball" Fight 11:00 Music-N-Motion 1:00 Walking Group 2:00 Snowflake Painting SS 3:30 Beach Ball 4:00 Kick Ball 6:00 Ring Toss 7:00 Snack Chat</p> <p><i>Snowflake Day</i></p>	<p>30</p> <p>10:00 Walking Group 10:30 Bible Study with Linda and Joe Chap 1:00 50's Sing-A-Long 2:00 "FROST" Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Bucket Toss 7:00 Coffee & Tea</p>	<p>31</p> <p>10:00 Communion Chap 10:30 Snowball Toss 11:00 Music-n-motion 1:00 Walking Group 2:00 Racing SS 2:00 Small Groups NS 3:30 Fill the Snowman 6:00 Sing-a-Long 7:00 Drink Cart and Snack</p>	<p>Family Communication Meeting January 24 6:00</p> <hr/> <p>Family Party January 24 6:30-7:30 "Take II"</p>	

Activities on calendar subject to change

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

www.ArmstrongMemoryCareAL.com