

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019

## Armstrong Memory Care Assisted Living



<p>12:45 Warm Up 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:00 Basketball 3:30 Coin Toss 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee &amp; Tea Cart</p>	<p>10:00 Lucky Dice Game 11:00 Chair Exercise 12:45 Walking Club <b>2:00 Making Mardi Gra Masks</b> 3:00 Penny Pitch SS 3:00 Small Group NS 4:00 Move to the Music &amp; Babysitting 6:00 "March" Bingo <i>Shrove Monday</i></p>	<p>10:00 Po-Ke-No 11:00 Music-N-Motion 12:45 Walking Club <b>2:00 Mardi Gra Pancake Party with Music with Richard</b> 3:30 Ball Toss 4:00 Kick the Cup 6:00 Bean Bag Toss II 7:00 Snack Chat <i>Mardi Gras</i></p>	<p>10:00 Ashes &amp; Communion 10:30 Bible Study with Joe and Linda 11:00 Morning Stretch 1:30 Small Group 2:00 "March" Bingo 4:00 Sit Down Dancing 6:00 You Choose 7:00 Coffee &amp; Tea <i>Ash Wednesday First day of Lent</i></p>	<p>10:00 Balloon Battle 10:30 Finish the Song 11:00 Music-n-motion 12:45 Walking Group 2:00 Shamrock 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>10:30 "March" Bingo 12:45 Walking Club 1:30 Small Group 2:00 UNO Club NS 2:00 Parachute 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12:45 Balloons 1:30 Walking Group <b>2:00 Piano music With Sherry Chap</b> <b>3:00 Quilt Craft with Girl Scout Troop #80669</b> 4:00 Sit Down Dancing 6:00 3 Chance Toss 7:00 Lawrence Welk and Snack Time</p>
<p>12:30 Walking Club 1:15 Warm-Up 2:00 Hymn Sing-a-Long 2:00 Sentimental Reflections 3:00 Baskets 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Horseshoes 7:00 Coffee &amp; Tea Cart <i>Daylight Saving Time Begins</i></p>	<p>10:00 Balloon Volley 10:30 Finish the Phrase 11:00 Chair Exercise 12:45 Walking Club 2:00 Hot Potato 3:00 High Low SS 3:00 Small Group NS 4:00 Move to the Music &amp; Babysitting 6:00 "March" Bingo</p>	<p>10:00 Movin' and Grovin' 10:30 Cheese and Mouse Game 11:00 Kick Ball 12:45 Walking Group 1:30 Balloons 2:00 Twister Toss 3:30 Chair Exercise 6:00 You Choose <b>7:00 Go Team Therapy Dog Visit</b> <i>Girl Scout Day</i></p>	<p>9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Morning Stretch 12:45 Walking Club 1:30 Small Group 2:00 Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Javelin Throw 7:00 Coffee &amp; Tea</p>	<p>10:00 Communion Chap 10:30 Card Bongo 11:00 Music-n-motion 12:45 Walking Group 2:00 Shamrock Racing SS 2:00 Reading Club NS 3:30 Toss the Coins <b>6:30 St. Patrick's Day Party With the Nobles</b></p>	<p>10:30 "March" Bingo 12:45 Walking Club <b>1:30 Music with Roger</b> 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack <i>Potato Chip Day</i></p>	<p>12:45 Walking Group 2:00 Sing-a-Long II 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Ring Toss 7:00 Lawrence Welk and Snack Time</p>
<p>12:45 Warm Up 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:00 Coin Toss 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee &amp; Tea Cart <i>St. Patrick's Day</i></p>	<p>10:00 Lucky Dice Game 11:00 Chair Exercise 12:45 Walking Club 2:00 Noodle Hockey 3:00 Kick Ball SS 3:00 Small Group NS 4:00 Move to the Music &amp; Babysitting 6:00 "March" Bingo</p>	<p>10:00 Kick Ball 11:00 Chair-a-size 12:45 Walking Club <b>2:00 Making Butterflies</b> 3:30 Disc Throw 4:00 Noodle Ball 6:00 Po-Ke-No 7:00 Snack Chat <i>Spring Begins</i></p>	<p>9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Morning Stretch 1:00 Walking Club 2:00 Bingo SS 2:00 Pamper Day/Nail Care 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Coffee &amp; Tea <i>Spring Begins</i></p>	<p>10:00 Communion Chap 10:30 Card Bongo 11:00 Music-n-motion 12:45 Walking Group 2:00 Shamrock Racing SS 2:00 Reading Club NS 3:30 Fill the Snowman 6:00 You Choose 7:00 Drink Cart and Snack <i>Purim</i></p>	<p>10:30 "March" Bingo 12:45 Walking Club 1:30 Small Group 2:00 UNO Club NS 2:00 Parachute 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>12:45 Walking Group <b>2:00 SPRING FLING 2019 - Music with Dave Propri - Face Painting - Photo Booth</b> 4:00 Sit Down Dancing 6:00 Ring Toss 7:00 Lawrence Welk and Snack Time</p>
<p>12:30 Walking Club 1:15 Warm-Up 2:00 Hymn Sing-a-Long 2:00 Sentimental Reflections 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Horseshoes 7:00 Coffee &amp; Tea Cart</p>	<p>10:00 Baskets 11:00 Chair Exercise 12:45 Walking Club 2:00 Hot Potato 3:00 Card Bongo SS 3:00 Small Group NS 4:00 Move to the Music &amp; Babysitting 6:00 "March" Bingo</p>	<p><b>10:00 Visits with Paws For People</b> 10:30 Cheese &amp; Mouse Game 11:00 3 Chance Toss 12:45 Walking Group 1:30 Small Group 2:00 Kick Ball 3:30 Balloon 6:00 You Choose <i>Purple Day</i></p>	<p>10:00 Walking Club 10:30 Bible Study with Joe and Linda <b>10:30 Making Dump Cake</b> 1:00 50's Sing-A-Long 2:00 Bingo SS 4:00 Sit Down Dancing 6:00 Disc Throw 7:00 Coffee &amp; Tea <i>Dump Cake Day</i></p>	<p>10:00 Communion Chap 10:30 Po-Ke-No <b>2:00 Coca-Cola Float Party</b> 3:00 Shamrock Racing 4:00 Music and Motion 6:00 Noodle Hockey 7:00 Drink Cart and Snack <i>Coca-cola Day</i></p>	<p>10:30 "March" Bingo 12:45 Walking Club 1:30 Small Group <b>2:00 Crayola Painting</b> 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack <i>Crayola Crayon Day</i></p>	<p>12:45 Walking Group 1:30 Small Group 2:00 Band Practice 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Kick the Cup 7:00 Lawrence Welk and Snack Time</p>
<p>12:45 Warm Up 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:00 Baskets 3:30 Band Practice 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee &amp; Tea Cart</p>	<p> <b>Girl Scout Troop #80669</b> Will be here March 2 at 3:00 To make a Quilt Craft.... Family members are welcome To join us!!</p> <p><b>AMCAL Support Meeting</b> March 19 at 6:00 Topic: Caring for the Caregiver</p> <p><b>Spring Fling 2019</b> ---Photo Booth ---Music with Dave Propri ---face painting March 23 at 2:00 Sponsored with Harbor Light Hospice</p> <p><b>March 14th 6:30</b> <b>Sr. Patrick's Day Party</b> Music by The Nobles</p> 					

Activities on calendar subject to change

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

www.ArmstrongMemoryCareAL.com