

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>12:45 Balloons 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee & Tea Cart</p>	<p>2</p> <p>10:00 Balloons 10:30 Slotz Ball 11:00 Chair Exercise 12:45 Walking Club 1:00 Busy Table 2:00 Hot Potato 3:00 High Low SS 3:00 Janga NS 4:00 Move to the Music 6:00 Monday night Bingo <small>Labor Day</small></p>	<p>3</p> <p>10:00 Dice Game 10:30 Kick Ball 11:00 Chair Yoga 12:45 Walking Club 1:15 Small Group 2:00 Bowling 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Coffee & Tea</p>	<p>4</p> <p>9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Balloon Swat 12:45 Walking Club 1:15 Small Group 2:00 Bingo 2:00 Smells and Sensory 4:00 Sit Down Dancing 6:00 Mouse and Cheese Game 7:00 Coffee & Tea</p>	<p>5</p> <p>10:00 Communion Chap 10:30 Po-ke-no 11:00 Chair Yoga 1:00 Walking Group 2:00 Dog Days of Summer Racing 2:00 Games NS 3:00 Small Group 4:00 Chair Exercise <i>6:30 Sounds of Summer Concert Steve Fazzini - 1980's Day Sponsored by First Light Home Care</i></p>	<p>6</p> <p>10:00 Bingo 11:00 Tai-Chi 1:00 Busy Table & Walks outside 2:00 Lawn Darts 2:00 Pretty in Polish 3:00 Finish the Song 3:30 Chair Exercise 4:00 Kick Ball 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>7</p> <p>12:45 Waking Group 1:15 Chair Exercise 2:00 Number Bingo 3:00 Balloons Hockey 3:30 Horse-shoes 4:00 Music-N-Motion 6:00 Ring Toss 2 7:00 Lawrence Welk and Snack Time</p>	
<p>8</p> <p>12:45 Walking Club 1:30 Noodle Balls 2:00 Celebrating Grandparents 3:30 "GRAND" Bingo 6:00 Disk Toss 7:00 Coffee & Tea Cart <small>National Assisted Living Week Aug. 8-13 Grandparents' Day</small></p>	<p>9</p> <p>10:00 Lucky Dice Game 10:30 Finish the Rhyme 11:00 Noodle Exercise 12:45 Walking Club 2:00 Decorating Boxes 3:00 Ring Toss 3:00 Cards NS 4:00 Move to the Music 6:00 Monday night Bingo</p>	<p>10</p> <p>10:00 Number Bingo 11:00 Exercise 12:45 Walking Group 2:00 Craft with All Caring 3:00 Bean Bag Toss 3:00 "What's the scent" 4:00 Kick Ball 6:00 Ring Toss II <i>7:00 Go Team Therapy Dogs</i></p>	<p>11</p> <p>10:00 Walking Club 10:30 Bible Study with Joe and Linda 1:00 Small Group 2:00 T-Shirts 3:30 Noodle Balloon 4:00 Sit Down Dancing 6:00 Horse Shoes 7:00 Coffee & Tea</p>	<p>12</p> <p>10:00 Communion Chap 10:30 Bongo 11:00 Pong Ball 1:00 Walking Group 2:00 Dog Days of Summer Racing 2:00 Cards NS 3:00 Small Group 4:00 Chair Exercise <i>6:30 Sounds of Summer Concert Garrettone's Swing Band - Roaring 20's Day Sponsored by Trade Masters</i></p>	<p>13</p> <p>10:00 Bingo 11:00 Tai-Chi 12:45 Walking Club <i>1:30 Bus Trip - Scenic Drive</i> 2:00 Cards NS 2:00 Bean Bag Toss 3:00 Pretty in Polish 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League</p>	<p>14</p> <p>12:45 Waking Group 1:15 Chair Exercise 2:00 Slotz Ball 3:30 Noodle Ball 4:00 Music-N-Motion 6:00 Yard Darts 7:00 Lawrence Welk and Snack Time <small>Full "Harvest Moon"</small></p>	
<p><i>Happy Birthday Pat F!!</i> 15</p> <p>12:45 Balloons 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:30 Target Toss 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee & Tea Cart</p>	<p>16</p> <p>10:00 Balloons 10:30 Slotz Ball 11:00 Chair Exercise 12:45 Walking Club 1:00 Busy Table <i>2:00 Music with Richard</i> 3:30 High Low SS 3:30 HWS Game NS 4:00 Move to the Music 6:00 Monday night Bingo</p>	<p>17</p> <p><i>10:00 Resident and Food Council</i> 10:30 Kick Ball 11:00 Chair Yoga 12:45 Walking Club 1:15 Small Group 2:00 Crafts 3:30 Small Group NS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Coffee & Tea</p>	<p>18</p> <p>9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Balloon Swat 12:45 Walking Club 1:15 Small Group <i>1:30 Bus Trip - Scenic Drive</i> 2:00 Bingo 4:00 Sit Down Dancing 6:00 Mouse and Cheese Game 7:00 Coffee & Tea</p>	<p>19</p> <p>10:00 Communion Chap 10:30 Po-ke-no 11:00 Chair Yoga 1:00 Walking Group 2:00 Dog Days of Summer Racing 2:00 Smells and Sensory 3:00 Small Group 4:00 Chair Exercise <i>6:30 Sounds of Summer Concert Take II - Garden Party 1970's Day Sponsored by Medi-Rx Pharmacy</i></p>	<p>20</p> <p>10:00 Bingo 11:00 Tai-Chi 1:00 Smells and Sensory 2:00 Corn Hole 2:00 Pretty in Polish 3:00 Finish the Song 3:30 Chair Exercise 4:00 Kick Ball 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>21</p> <p>12:45 Waking Group 1:15 Chair Exercise 2:00 Number Bingo 3:00 Balloons Hockey 3:30 Horse-shoes 4:00 Music-N-Motion 6:00 Ring Toss 2 7:00 Lawrence Welk and Snack Time <small>Oktoberfest Begins</small></p>	
<p>22</p> <p>12:45 Walking Club 1:30 Noodle Balls 2:00 Hymn Sing-a-Long 3:00 Bean Bag Toss 3:30 Kick Ball 4:00 Afternoon Stretch 6:00 Disk Toss 7:00 Coffee & Tea Cart</p>	<p>23</p> <p>10:00 Lucky Dice Game 10:30 Finish the Rhyme 11:00 Noodle Exercise 12:45 Walking Club 2:00 Javelin SS 2:00 Checkers NS 3:00 Ring Toss SS 3:00 Cards NS 4:00 Move to the Music 6:00 Monday night Bingo <small>Checkers Day Autumn Begins</small></p>	<p>24</p> <p>10:00 Number Bingo 11:00 Exercise 12:45 Walking Group 2:00 Crochet Group SS 2:00 Reading Round Table NS 3:00 Games NS 3:00 Bean Bag Toss SS 4:00 Kick Ball 6:00 Ring Toss II <small>National Cherries Jubilee Day</small></p>	<p>25</p> <p>10:00 Walking Club 10:30 Bible Study with Joe and Linda 1:00 Small Group 2:00 Bingo 2:00 Smells and Sensory 3:30 Noodle Balloon 4:00 Sit Down Dancing 6:00 Horse Shoes 7:00 Coffee & Tea</p>	<p>26</p> <p>10:00 Communion Chap 10:30 Bongo 11:00 Pong Ball 1:00 Walking Group 2:00 Dog Days of Summer Racing 2:00 Cards NS 3:00 Small Group 4:00 Chair Exercise <i>6:30 Sounds of Summer Concert Raccoon County Blue Grass - Country Day Sponsored by Harbor Light Hospice</i></p>	<p>27</p> <p>10:00 Bingo 11:00 Tai-Chi 12:45 Walking Club 2:00 Basketball 2:00 Pretty in Polish 3:30 Chair Exercise 4:15 Finish The Song 6:00 Friday Night Bowling League 7:00 Relaxation and Snack</p>	<p>28</p> <p>12:45 Waking Group 1:15 Chair Exercise 2:00 Slotz Ball 3:30 Noodle Ball 4:00 Music-N-Motion 6:00 Yard Darts 7:00 Lawrence Welk and Snack Time</p>	
<p>29</p> <p>12:45 Balloons 1:30 Walking Club 2:00 Church of Troy Service Chap 2:00 Sentimental Reflections 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Ring Toss 7:00 Coffee & Tea Cart</p>	<p>30</p> <p>10:00 Balloons 10:30 Finish the Phrase 11:00 Chair Exercise 12:45 Walking Club 1:00 Busy Table 2:00 Hot Potato 3:00 High Low SS 3:00 Ice Cream Game NS 4:00 Move to the Music 6:00 Monday night Bingo <small>Rosh Hashanah (first Day)</small></p>	 <p>September 2019</p> <p>Armstrong Memory Care Assisted Living</p>					

Activities on calendar subject to change

www.ArmstrongMemoryCareAL.com

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