

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 12:45 Shamrock fight 1:30 Walking Club 2:00 Church of Troy Service Chap 3:30 Football Throw 4:00 Afternoon Stretch 6:00 Basket Ball Toss 7:00 Coffee & Tea Cart	2 10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 After Lunch Stretch 2:00 Shamrock Wreath 3:00 Game Club NS 3:00 High Low SS 4:00 Helping Hands NS 4:00 Move to the Music 6:00 Monday Night Bingo	3 10:00 Balloons 10:30 Kick Ball 11:00 Chair Yoga 1:00 Yardzee 2:00 Golf SS 2:00 Bake that Cake Game NS 3:30 Ring Toss SS 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Snack Chat	4 <i>Beauty Shop</i> 9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Exercise 1:00 Pong Ball 2:00 March Bingo SS 2:00 Pretty and Polish 3:30 Flower Ring Horse Shoes 4:00 Sit Down Dancing SS 4:00 Helping Hands NS 6:00 Pizza Toss 7:00 Coffee & Tea	5 <i>Happy Birthday Steve B!!</i> 10:00 Communion Chap 10:30 Number Bingo 1:00 Sit and Stretch <i>2:00 Clair Besse</i> 3:30 Football Throw SS 3:30 Dice Club NS 4:00 Chair-a-size SS 4:00 Helping Hands NS 6:00 Basket Toss 7:00 Drink Cart and Snack	6 10:00 March Bingo 11:00 Tai-Chi 1:00 Rhythm & Movement 2:00 Pretty in Polish 2:00 Twist & Turn St. Paty's Day 3:00 You Choose 4:00 Music & Motion 4:00 Helping Hands NS 6:00 Friday Bowling League 7:00 Relaxation and Snack	7 12:45 Walking Group & Coloring Club 1:30 Small Group 2:00 Band Practice 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Noodle Ball 7:00 Lawrence Welk and Snack Time	
8 1:00 Noodle Hockey <i>2:00 March Madness with Boy Scout Troop</i> 3:30 Hymn Sing-a-Long 4:00 Afternoon Stretch 6:00 Mouse and Cheese Toss 7:00 Coffee & Tea Cart <small>Daylight Saving Time Begins</small>	9 10:00 Noodle Balloon 11:00 Chair Exercise 1:00 After Lunch Stretch 2:00 Bongo SS 2:00 Shake Loose your Memory N 3:00 Jenga NS 3:00 High Low SS 4:00 Helping Hands NS 4:00 Move to the Music 6:00 Monday Night Bingo <small>Full "Worm" Moon Purim Begins</small>	10 10:00 Ping Pong Egg Game 11:00 Chair Yoga 1:00 Adult Coloring 2:00 Butterfly Craft 3:30 Quiet Room & Sensory NS 3:30 Pigs 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Corn Hole <i>7:00 The Go Team Therapy Dogs</i>	11 <i>Beauty Shop</i> 10:00 Walking Club 10:30 Bible Study with Joe and Linda 1:00 Small Group 2:00 Bingo SS 2:00 Quiet Room & Sensory NS 3:30 Rainbow Toss SS 4:00 Helping Hands NS 4:00 Sit Down Dancing SS 6:00 Shamrock Toss 7:00 Coffee & Tea	12 10:00 Communion Chap 10:30 Noodle Ball 11:00 Noodle Exercise 1:00 Sit and Stretch 2:00 "Shamrock" Race SS 2:00 Reading Circle NS 3:00 Celtic Cross Coloring NS 4:00 Chair-a-size SS 4:00 Helping Hands NS 6:00 Bucket Toss 7:00 Drink Cart and Snack	13 10:00 March Bingo 11:00 Tai-Chi 1:00 Rhythm & Movement 2:00 Pretty in Polish 2:00 Sing-a-long 3:00 Balloons 4:00 Helping Hands NS 4:00 Balloon Hockey SS 6:00 Friday Bowling League 7:00 Relaxation and Snack <small>Potato Chip Day</small>	14 1:00 Chair Exercise 2:00 Number Bingo 3:00 Kick Ball 4:00 Music-N-Motion 6:00 Javelin Toss 7:00 Lawrence Welk (Ch 2) and Snack Time	
15 12:45 Shamrock fight 1:30 Walking Club 2:00 Church of Troy Service Chap 3:30 Football Throw 4:00 Afternoon Stretch 6:00 Basket Ball Toss 7:00 Coffee & Tea Cart	16 10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 After Lunch Stretch 2:00 Ring Toss SS 2:00 Shake Awake Your Taste NS 3:00 Game Club NS 3:00 High Low SS 4:00 Helping Hands NS 4:00 Move to the Music 6:00 Monday Night Bingo	17 10:00 Church with Crossroads 11:00 Chair Yoga <i>2:00 St. Patrick's Party With Richard</i> 3:30 Clue Trivia NS 3:30 Ring Toss SS 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Snack Chat <small>St. Patrick's Day</small>	18 <i>Beauty Shop</i> 9:30 Rosary with Sandy 10:30 Sing-a-Long 11:00 Exercise 1:00 Pong Ball 2:00 March Bingo 2:00 Pretty and Polish 3:30 Flower Ring Horseshoes 4:00 Sit Down Dancing 6:00 Pizza Toss 7:00 Coffee & Tea	19 <i>Happy Birthday Betty K!</i> 10:00 Communion Chap 10:30 Number Bingo 1:00 Sit and Stretch <i>2:00 Flower Craft</i> 3:30 Flower Ring Horseshoes SS 3:30 Flower Toss NS 4:00 Chair-a-size SS 4:00 Helping Hands NS <i>6:30 Spring Family Party With Take II</i> <small>Spring Begins</small>	20 10:00 March Bingo 11:00 Tai-Chi 1:00 Rhythm & Movement 2:00 Pretty in Polish 2:00 Twist & Turn Spring Flowers 3:00 You Choose 4:00 Balloon Hockey 4:00 Helping Hands NS 6:00 Friday Bowling League 7:00 Relaxation and Snack	21 12:45 Walking Group & Coloring Club 1:30 Small Group 2:00 Band Practice 3:00 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Noodle Ball 7:00 Lawrence Welk and Snack Time	
22 <i>Happy Birthday Kay K!!</i> 1:00 Noodle Hockey 2:00 Hymn Sing-a-Long 3:00 Bean Bag Toss 3:30 Kick Ball 4:00 Afternoon Stretch 6:00 Mouse and Cheese Toss 7:00 Coffee & Tea Cart	23 10:00 Noodle Balloon 11:00 Chair Exercise 1:00 After Lunch Stretch 2:00 Bongo SS 2:00 Reading Circle NS 3:00 Bake The Cake Game NS 3:00 High Low SS 4:00 Helping Hands NS 4:00 Move to the Music 6:00 Monday Night Bingo	24 10:00 Resident Council 11:00 Chair Yoga 1:00 Adult Coloring 2:00 Golf SS 2:00 Who are they NS 3:30 Quiet Room & Sensory NS 3:30 Take A Guess SS 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Snack Chat	25 <i>Beauty Shop</i> 10:00 Walking Club 10:30 Bible Study with Joe and Linda 1:00 Small Group 2:00 Bingo SS 2:00 Pretty and Polish 3:30 Rainbow Toss SS 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Flower Toss 7:00 Coffee & Tea	26 10:00 Communion Chap 10:30 Noodle Ball 11:00 Noodle Exercise 1:00 Sit and Stretch 2:00 "Shamrock" Race SS 2:00 Ice Cream Parlor Game NS 3:00 Dice Club NS 4:00 Chair-a-size SS 4:00 Helping Hands NS 6:00 Bucket Toss 7:00 Drink Cart and Snack	27 10:00 March Bingo 11:00 Tai-Chi 1:00 Rhythm & Movement <i>1:45 Music with Humble Music</i> 3:30 Flower Toss SS 3:30 Cube NS 4:00 Balloon Hockey SS 4:00 Helping Hands NS 6:00 Friday Bowling League 7:00 Relaxation and Snack	28 1:00 Chair Exercise 2:00 Number Bingo 3:00 Kick Ball 4:00 Sing-a-long 6:00 Javelin Toss 7:00 Lawrence Welk (Ch 2) and Snack Time	
29 12:45 Balloon Fight 1:30 Walking Club 2:00 Church of Troy Service Chap 3:30 Football Throw 4:00 Afternoon Stretch 6:00 Basket Ball Toss 7:00 Coffee & Tea Cart	30 10:00 Lucky Dice Game 11:00 Chair Exercise 1:00 After Lunch Stretch 2:00 Ring Toss SS 2:00 Penny Ante' NS 3:00 Game Club NS 3:00 High Low 4:00 Helping Hands 4:00 Move to the Music 6:00 Monday Night Bingo	31 <i>10:00 Paws for People</i> 10:30 Kick Ball 11:00 Chair Yoga <i>2:00 Birthday Party with Lorraine</i> 3:30 Ring Toss SS 3:30 Penny Ante' NS 4:00 Helping Hands NS 4:00 Sit Down Dancing 6:00 Corn Hole 7:00 Snack Chat	Family Meeting March 19 6:00 in the Cafe' Family Party with Take II March 19 6:30			<h1>March 2020</h1> <h2>Armstrong Memory Care Assisted Living</h2>	