

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities weather permitting  
Some activities will be outside

# May 2021

## Armstrong Memory Care Assisted Living

*Happy Birthday Frank!!!*

10:45 Pizza Toss  
11:15 Morning Stretch  
1:00 Walking Group  
2:00 Horse Race  
3:00 Happy Hour  
4:00 Chair Yoga  
6:00 7, 11 or Double  
7:00 Lawrence Welk

May Day

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1:00 Noodle Hockey  
2:00 Happy Hour & Patio Social  
3:30 Pong Ball  
4:00 Afternoon Stretch  
6:00 Creative Coloring

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10:00 Hydration Cart  
10:30 Dice  
11:00 Tai Chi  
**2:00 Kentucky Derby Party**  
3:30 Horse Shoes  
4:00 Sit and be Fit  
6:00 Uno Matching

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10:00 Hydration Cart  
10:30 Lemon Toss  
11:00 Chair Yoga  
**2:00 Lemonade Party (outside weather permitting)**  
3:30

*Lemonade Day*

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10:45 Cactus Toss  
11:15 Mexican Ex  
**2:00 Piñata Party**  
3:00 Mexican Kickball  
3:30 Taco Toss  
4:00 Mexican Strength  
6:00 Mexican Dice Game

*Cinco de Mayo*

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10:45 Basketball  
11:15 Chair Exercise  
**1:30 Video Church Service**  
3:00 Bucket Toss  
3:30 Noodle Hockey  
4:00 Chair a Size  
6:00 Penny Ante'

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10:00 Hydration cart  
10:30 Ring Toss  
11:00 Rhythm and Movement  
**2:00 Appreciating our Military Spouses**  
3:00 Friday Bowling  
4:00 Chair A Size  
6:00 High Low

*Military Spouse Appreciation Day*

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10:45 Corn Hole  
11:15 Morning Stretch  
1:30 Kick Ball  
2:30 Noodle Hockey  
3:30 High or Low  
4:00 Rhythm & Movement  
6:00 Dominoes  
7:00 Lawrence Welk (Ch 2 PBS)

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10:45 Posy Toss  
12:45 Balloons  
**2:00 Mother's Day Celebration**  
3:30 Bean Bag Toss  
4:00 Afternoon Stretch  
6:00 Lucky Dog  
7:00 Snack Cart

*Mother's Day*

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10:00 Hydration Cart  
10:45 Bucket Toss  
11:15 Music and Motion  
**1:30 Rosary**  
2:30 Bingo  
4:00 Sit and be Fit  
6:00 Yahtzee

*Hostess Cup Cake Day*

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10:00 Hydration Cart  
10:30 Yard Darts  
11:00 Tai-Chi  
**2:00 Root Beer Floats**  
3:30 Pop Corn Toss  
4:00 Music and motion  
6:00nReading Circle

*Hires Root Beer Day*

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10:00 Hydration Cart  
10:30 Sing A Long  
10:30 Chair Exercise  
**1:30 Video Church Service**  
2:00 Happy Hour  
2:30 Bingo  
3:00 Massages and Manicures  
4:00 Noodle Exercise  
6:00 Matching

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10:00Hydration Cart  
10:30 Posy Pitch  
11:00 Chair Yoga  
**2:00 Apple Pie and Petula Clark in video concert**  
2:30 Manicures and Massages  
3:30 Pong Ball  
4:00 Chair A Size  
6:00 Sake Loos

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10:00 Hydration cart  
10:30 7, 11 or Double  
11:00 Rhythm and Movement  
2:00 Patio Social  
3:00 Craft  
3:00 Friday Bowling  
4:00 Cha4:00 ir A Size  
6:00 Rock, Paper or Scissors

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*Happy Birthday Don!!*

10:45 Bean Bag Toss  
11:15 Morning Stretch  
2:00 Horse Race  
3:00 Happy Hour Social  
4:00 Chair Yoga  
6:00 Comedy Time  
7:00 Lawrence Welk

*Armed Forces Day*

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1:00 Noodle Hockey  
2:00 Pong Ball  
2:30 Kick Ball  
3:00 Happy Hour  
4:00 Afternoon Stretch  
6:00 Pigs

*Shavuot Begins*

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10:00 Hydration Cart  
10:30 Dice  
11:00 Tai Chi  
**2:00 Ice Cream and Berries**  
3:30 Golf  
4:00 Sit and be fit  
6:00 Lucky Dog

*A Berry Nice Day*

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10:00 Hydration Cart  
10:45 Ring Toss  
11:00 Tai-Chi  
**1:30 Rosary**  
2:00 Planting Outside  
3:30 Kick Ball  
4:00 Chair Yoga  
6:00 Shake Awake

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10:00 Hydration Cart  
10:3Sing A Long  
11:00 Chair Exercise  
**1:30 Video Church Service**  
2:30 Happy Hour  
3:00 Bingo  
4:00 Noodle Exercise  
6:00 Reading Circle

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10:00 Hydration Cart  
10:30 Yard Darts  
11:00 Chair Yoga  
2:00 Horse Race  
3:00 Bean Bag Toss  
4:00 Chair A Size  
6:00 Clue Trivia

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10:00 Hydration cart  
10:30 Pizza Toss  
11:00 Rhythm and Movement  
**2:00 Outdoor Concert Pizza Party with Rachel**  
3:30 Friday Bowling  
6:00 Dominoes

*Pizza Party Day*

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10:45 Javelin Throw  
1:00 Chair Exercise  
2:00 Number Bingo  
3:00 Happy Hour  
4:00 Music-N-Motion  
6:00 Rock Paper Scissors  
7:00 Lawrence Welk (Ch 2 PBS)

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10:45 Yard Dart  
12:45 Balloons  
**2:00 Catholic Mass Video**  
3:00 Happy Hour  
4:00 Afternoon Stretch  
6:00 True or False  
7:00 Snack Cart

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10:00 Hydration Cart  
**10:30 Resident Food Council**  
11:00 Music and Motion  
**1:30 Video Church Service**  
2:00 Happy Hour  
2:30 Bingo  
4:00 Sit and be Fit  
6:00 Zilt

*Victoria Day (Canada)*

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10:00 Hydration Cart  
10:45 Flip Flop Flippin  
11:15 Chair Yoga  
1:30 Craft  
2:00 Yard Dart  
3:00 Frog Toss  
4:00 Chair Yoga  
6:00 Reading Circle

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10:00 Hydration Cart  
10:30 Basket Ball  
11:00 Chair Exercisew  
**2:00 Outdoor Concert 60's Party with Richard**  
3:30 Pass the Pigs  
4:00 Noodle Exercise  
6:00 Ice Cream game

*Full "Flower" Moon*

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10:00 Hydration Cart  
10:45 Yard Darts  
11:15 Move to the Music  
**1:30 Rosary**  
2;30 Horse Race  
3:30 Golf  
4:00 Chair A Size  
6:00 Dice

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10:00 Hydration Cart  
10:30 Bean Bag Polka Dots  
11:00 Music and Motion  
**2:00 Polka Dot Party**  
3:30 Twister  
4:00 Chair Yoga  
6:00 Dobber Art

*National Polka Day*

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10:45 Corn Hole  
11:15 Morning Stretch  
1:00 Walking Group  
2:30 Noodle Hockey  
3:30 High or Low  
4:00 Rhythm & Movement  
6:00 Dominoes  
7:00 Lawrence Welk (Ch 2 PBS)

30

1:00 Noodle Hockey  
2:00 Happy Hour & Patio Social  
3:30 Golf  
4:00 Afternoon Stretch  
6:00 Who are They

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10:45 Patriot Sing A Long  
1:30 Patriotic Bingo  
2:30 Happy Hour  
3:00 R, W & B Bean Bag toss  
4:00 Sit and Be Fit  
6:00 Creative Coloring & Hand Massages

*Memorial Day*

