

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2020

Armstrong Memory Care

Assisted Living

				<p>10:15 Hallway Hydration Cart 1 11:00 Bucket Toss 12:00 Lunch & Music 1:00 Afternoon Stretch 2:00 Happy Hour 2:30 Video Worship Service; Patience 2:30 Pretty in Polish 4:00 Chair-a-Size 6:00 Puzzles <i>Full Harvest Moon</i></p>	<p>2 10:00 Hallway Hydration Cart 10:30 High Low 11:00 Tai Chi 1:00 Kick Ball <i>2:00 Oktoberfest Party</i> 4:00 Noodle Ball 6:00 Mummy Bowling 7:00 Relaxation & Snack <small>Sukkot Begins</small></p>	<p>3 10:15 Hydration Cart 10:45 Noodle Hockey 1:00 Chair Exercise 2:00 Happy Hour 2:30 Bingo 4:00 Music-N-Motion 6:00 Pizza Throw 7:00 Lawrence Welk PBS</p>
<p>4 10:45 Ring Toss 12:45 Balloons 2:00 Happy Hour 2:30 Hymn Sing-a-Long 3:30 Bean Bag Toss 4:00 Rhythm & Movement 6:00 Ping Pong Ball</p>	<p>5 10:00 Hydration Cart 10:30 Dice 11:00 Exercise 12:00 Lunch & Music 1:00 Rosary 2:00 Happy Hour 2:30 Bingo 2:30 Craft 4:00 Sit and Be Fit 6:30 Monday Night Bingo</p>	<p><i>Happy Birthday Nancy C!!!</i> 6 10:00 Hydration Cart 10:30 Bucket Toss 11:00 Chair-a-size 12:00 Lunch and Music <i>2:00 Ice Cream Sundaes and video Concert with Tom Jones</i> 2:30 Manicures & Massages 4:00 Sit Down Dancing 6:00 Puzzle Table</p>	<p>7 10:00 Hallway Hydration Cart 10:30 Sing-a-Long 11:00 Chair Yoga 12:00 Lunch & Music 2:00 Happy Hour 2:30 Bingo 4:00 Sit Down Dancing 6:00 Creative Coloring</p>	<p>8 10:15 Hallway Hydration Cart 11:00 Bucket of Bean Bags 12:00 Lunch & Music 1:00 Afternoon Stretch 2:00 Happy Hour 2:30 Manicures & Massages 2:30 Horse Racing 4:00 Kick Ball 6:00 Puzzles</p>	<p><i>Happy Birthday Geri D!!</i> 9 10:15 Hallway Hydration Cart 10:30 Egg Toss 11:00 Chair Yoga 1:00 Ring Toss <i>2:00 Wine & Cheese Party</i> 3:00 Egg Coloring 4:00 Noodle Ball 6:00 Busy Table <small>World Egg Day</small></p>	<p>10 10:15 Hydration Cart 10:45 Noodle Hockey 1:00 Chair Exercise 2:00 Happy Hour 2:30 Bingo 4:00 Music-N-Motion 6:00 Mouse Game 7:00 Lawrence Welk PBS <small>Simchat Torah Begins</small></p>
<p>11 1:00 Bean Bag Toss 2:00 Happy Hour 2:30 Corn Hole 3:30 Pong Ball 4:00 Rhythm & Movement 6:00 You Choose 7:00 Snack Cart</p>	<p>12 10:15 Hydration Cart 10:45 Basketball 11:00 Exercise 12:00 Lunch & Music 1:00 Rosary 2:00 Happy Hour 2:30 Golf Game 4:00 Sit and Be Fit 6:30 Busy Table <small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p>13 10:00 Hydration Cart 10:30 Ring Toss 11:00 Chair-a-size 12:00 Lunch and Music <i>2:00 Pizza Party and video Concert with Frank Sinatra</i> 2:30 Manicures & Massages 4:00 Sit Down Dancing 6:00 Puzzle Table</p>	<p>14 10:00 Hallway Hydration Cart 10:30 Sing-a-Long 11:00 Chair Yoga 12:00 Lunch & Music 2:00 Happy Hour 2:30 Bingo 2:30 Manicures & Massages 4:00 Sit Down Dancing 6:00 Yardezee 7:00 Snack Chat</p>	<p>15 10:15 Hallway Hydration Cart 11:00 Bucket Toss 12:00 Lunch & Music 1:00 Afternoon Stretch 2:00 Happy Hour 2:30 Video Worship Service; Peace 2:30 Manicures & Massages 4:00 Chair-a-Size 6:00 Horse Shoes 7:00 Drink Cart and Snack</p>	<p>16 10:00 Hallway Hydration Cart 10:30 High Low 11:00 Tai Chi 2:00 Happy Hour 2:30 Mummy Bowling 4:00 Chair Yoga 6:00 Creative Coloring <small>Bosses Day</small></p>	<p>17 10:15 Hydration Cart 10:45 Noodle Hockey 1:00 Chair Exercise 2:00 Happy Hour 2:30 Music and Instruments 3:30 Yard Darts 4:00 Music-N-Motion 6:00 Pizza Throw 7:00 Lawrence Welk PBS</p>
<p>18 10:45 Ring Toss 12:45 Balloons 2:00 Happy Hour 2:30 Hymn Sing-a-Long 3:30 Bean Bag Toss 4:00 Rhythm & Movement 6:00 Ping Pong Ball</p>	<p><i>Happy Birthday Janis O!!</i> 19 10:00 Hydration Cart 10:30 Dice 11:00 Exercise 12:00 Lunch & Music 1:00 Rosary 2:00 Happy Hour 2:30 Bingo 2:30 Craft 4:00 Sit and Be Fit 6:30 Monday Night Bingo</p>	<p>20 10:00 Hydration Cart 10:30 Bucket Toss 11:00 Chair-a-size 12:00 Lunch and Music <i>2:00 Hocus Pocus Party with video Concert with Tina Turner</i> 2:30 Manicures & Massages 4:00 Sit Down Dancing 6:00 Puzzle Table</p>	<p>21 10:00 Hallway Hydration Cart 10:30 Sing-a-Long 11:00 Chair Yoga 12:00 Lunch & Music 2:00 Happy Hour 2:30 Bingo 4:00 Sit Down Dancing 6:00 Creative Coloring</p>	<p>22 10:15 Hallway Hydration Cart 11:00 Bucket of Bean Bags 12:00 Lunch & Music 1:00 Afternoon Stretch 2:00 Happy Hour 2:30 Horse Racing 4:00 Kick Ball 6:00 Puzzles</p>	<p>23 10:15 Hallway Hydration Cart 11:00 Music and Motion 1:00 Kick Ball 2:00 Happy Hour 2:30 Mummy Bowling 4:00 Noodle Ball 6:00 Basket Toss</p>	<p>24 10:15 Hydration Cart 10:45 Noodle Hockey 1:00 Chair Exercise 2:00 Happy Hour 2:30 Horse Shoes 4:00 Music-N-Motion 6:00 Mouse Game 7:00 Lawrence Welk PBS</p>
<p>25 1:00 Bean Bag Toss 2:00 Happy Hour 2:30 Corn Hole 3:30 Pong Ball 4:00 Rhythm & Movement 6:00 You Choose 7:00 Snack Cart</p>	<p>26 10:00 Hydration Cart 10:45 Basketball 11:00 Exercise 12:00 Lunch & Music 1:00 Rosary 2:00 Happy Hour 2:30 Decorating Pumpkins 4:00 Sit and Be Fit 6:30 Monday Night Bingo</p>	<p>27 10:00 Hydration Cart 10:30 Ring Toss 11:00 Chair-a-size 12:00 Lunch and Music <i>2:00 October Birthday Party with video Concert with John Denver</i> 2:30 Manicures & Massages 4:00 Sit Down Dancing 6:00 Puzzle Table</p>	<p>28 10:00 Hallway Hydration Cart 10:30 Sing-a-Long 11:00 Chair Yoga 12:00 Lunch & Music 2:00 Happy Hour 2:30 Bingo 4:00 Sit Down Dancing 6:00 Creative Coloring</p>	<p>29 10:15 Hallway Hydration Cart 11:00 Bucket Toss 12:00 Lunch & Music 1:00 Afternoon Stretch 2:00 Happy Hour 2:30 Video Worship Service; Laughter 2:30 Manicures & Massages 4:00 Chair-a-Size 6:00 Puzzles</p>	<p>30 10:00 Hallway Hydration Cart 10:30 Mummy Bowling <i>2:00 Trick or Treat</i> <i>2:30 Halloween Party</i> 4:00 Chair Yoga 6:00 Dem-Bones Game 7:00 Relaxation & Snack</p>	<p>31 10:15 Hydration Cart 10:45 Noodle "Ghost" Hockey 1:00 Chair Exercise 2:00 Happy Hour 2:30 Halloween Bingo 4:00 Music-N-Motion 6:00 "Bat" Ball 7:00 Lawrence Welk PBS <small>Halloween</small></p>

Activities on Calendar Subject to Change

www.ArmstrongMemoryCareAL.com

Meal Times: 8:00am, 12:00pm and 5:00pm