

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2021

## Armstrong Memory Care Assisted Living

			<p>10:00 Sing a Long with Suzie Q  <b>1:30 Bible Study with Joe and Linda</b>  3:00 September Bingo and Happy Hour  3:30 Manicures  4:00 Chair Yoga  6:00 Lucky Dog</p>	<p>10:00 Bean Bag Toss  10:30 Red &amp; Black  11:00 Music and Motion  <b>1:30 Mass Video</b>  2:30 Horsing Racing  3:00 Happy Hour  3:30 7/11/Double  4:00 Sit Down Dancing  6:00 Pigs</p>	<p>10:00 Ring Toss  10:30 Kick ball  11:00 Rhythm &amp; Movement  <b>1:30 Rosary</b>  2:30 Twister/Happy Hour  3:00 Manicures  3:00 Yard Darts  3:30 Pong Ball  4:00 Chair A Size  6:00 Wooden Matching Game</p>	<p>10:45 Patio Social  1:30 Walking Group  2:30 Swat Balloon  3:30 Basket Ball toss  4:00 Sit Down Dancing  6:00 Creative Coloring and Massages</p>
<p>10:45 Patio Social  <b>1:30 Church with Joe and Linda</b>  3:00 Happy Hour/Table Top Bowling  4:00 Afternoon stretch  6:00 Shake Awake  <i>Eat an Extra Dessert Day</i></p>	<p>10:45 Patio Social Job Talk (Break from Work)  1:30 Pong Party Toss  2:00 Horse Shoes  3:00 Happy Hour  3:30 Dice  4:00 Sit and be fit  6:00 Shake Loose  <i>Labor Day  Rosh Hashanah Begins</i></p>	<p>10:00 Golf  10:30 High Low  11:00 Morning Stretch  <b>2:00 Root Beer Floats</b>  3:00 Can Knock Down  3:00 Crafts  4:00 Moving to the Music  6:00 Life Stories</p>	<p>10:00 Sing a Long  11:00 Chair Exercise  <b>1:30 Rosary</b>  2:00 Manicures  3:00 September Bingo and Happy Hour  4:00 Chair Yoga  6:00 Ziltch</p>	<p>10:45 Patio Social  11:15 Morning Stretch  2:00 Horse Racing  3:00 Happy Hour  3:30 Posey toss  4:00 Sit Down dancing  6:00 Reading Circle  <i>Happy Birthday Colonel Sanders</i></p>	<p><b>10:00 Church with Crossroads</b>  11:00 Rhythm and Movement  <b>1:30 Country Drive</b>  2:00 Friday Bowling  3:30 Pong Ball  4:00 Chair a Size  6:00 Comedy Hour</p>	<p>10:45 Patio Social  1:30 Walking Group  2:30 Corn Hole  3:30 Ring Toss  4:00 Sit Down Dancing  6:00 Ice Cream game</p>
<p>1:00 Walking Group  <b>2:00 Celebrating Grandparents</b>  3:00 Corn Hole  4:00 Afternoon Stretch  6:00 Thumbs Up  <i>Grandparents Day</i></p>	<p>10:00 Frog Toss  10:30 Lucky Duck  11:00 Sit Down Dancing  <b>1:30 Petting Zoo</b>  <b>2:00 Music wit Rachell</b>  4:00 Sit and Be Fit  6:00 Creative Coloring  <i>Zoo Day</i></p>	<p>10:45 Patio social  1:30 Patriotic Bingo  2:30 Bomb Pops  3:00 Star Bean Bag  3:30 Flag Ring Toss  4:00 Moving to the Music  <b>6:00 Therapy Dogs</b>  <i>Red, White and Blue day</i></p>	<p>10:00 1960's Sing a Long  11:00 Chair Exercise  <b>1:30 Bible Study with Joe and Linda</b>  <b>2:00 1960/70's Party with Take II</b>  3:30 Twister  4:00 Chair Yoga  6:00 Shake Loose  <i>60/70's Day  Yom Kippur Begins</i></p>	<p>10:45 Horse Shoes  11:15 Morning Stretch  <b>2:00 1980's Party with Dave Propri</b>  3:30 Hoopla Hoop Game  4:00 Music and Motion  6:00 Reading Circle  <i>80's Day</i></p>	<p>10:00 Fishing Game  10:30 Ocean Toss  2:00 Ocean Party with Richard  3:30 Fish Toss  4:00 Chair a Size  6:00 Penny Ante' II  <i>Ocean Day</i></p>	<p>10:45 Patio Social  1:30 Walking Group  2:30 Swat Balloon  3:30 Basket Ball toss  4:00 Sit Down Dancing  6:00 Creative Coloring and Massages  <i>Oktoberfest Begins</i></p>
<p>10:45 Patio Social  <b>1:30 Church with Joe and Linda</b>  3:00 Happy Hour/Table Top Bowling  4:00 Afternoon stretch  6:00 Shake Out</p>	<p>10:00 Dice  10:30 Kick Ball  11:00 Sit Down Dancing  <b>1:30 Rosary</b>  2:00 Manicures  2:30 Bingo/Happy Hour  4:00 Sit and Be Fit  6:00 Penny Ante  <i>Sukkot Begins</i></p>	<p><i>Happy Birthday Jeanne!!!!</i>  10:00 Noodle Ball  10:30 High low  11:00 Morning Stretch  <b>1:30 Country Drive</b>  2:00 Horse Racing  3:30 Pong Ball  4:00 Moving to the Music  6:00 Pass the Pigs  <i>Autumn Begins</i></p>	<p>10:00 Patio Social  10:30 Resident &amp; Food Council  11:15 Chair Exercise  2:00 Number Bingo  3:00 Crafts  4:00 Chair Yoga  6:00 Lucky Dog</p>	<p>10:00 Sing A Long  10:30 Basket Toss  11:00 Morning Stretch  <b>2:00 Ice Cream Social</b>  3:00 Bean Bag toss  4:00 Sit Down Dancing  6:00 Ice Cream Game  <i>Ice Cram Cone Day</i></p>	<p>10:45 Dart Toss  11:15 Rhythm and Movement  2:00 Darts  3:00 Yard Darts  4:00 Chair a Size  6:00 You Choose  <i>Day of Darts</i></p>	<p>10:45 Patio Social  1:30 Walking Group  2:30 Corn Hole  3:30 Ring Toss  4:00 Sit Down Dancing  6:00 Comedy Time</p>
<p>1:00 Walking Group  <b>1:30 Video Mass</b>  3:00 Noodle Balloon  3:30 Bean Bag Toss  4:00 Afternoon Stretch  6:00 Pigs</p>	<p>10:45 Ring Toss  11:15 Sit down Dancing  1:30 Bingo  2:30 Happy Hour  3:00 Golf  4:00 Sit and Be Fit  6:00 Reading Circle</p>	<p>10:45 Kick Ball  11:15 Morning Stretch  1:30 Frog Toss  2:00 Happy Hour  2:30 Red/Black  3:00 Basket Ball  4:00 Moving to the Music  6:00 Lucky Dog  <i>Simchat Torah Begins</i></p>	<p>10:00 Sing A Long  11:00 Chair Exercise  <b>1:30 Bible Study with Joe and Linda</b>  3:00 Bingo/Happy Hour  4:00 Chair Yoga  6:00 Life Stories</p>	<p>10:45 Frisbee Golf  1:30 Frisbee Throw  2:00 Frisbee Bowling  3:00 Happy Hour  3:30 Hula Hoop Frisbee Game  4:00 Sit Down Dancing  6:00 Penny Ante'  <i>Frisbee Day</i></p>	<p><b>National Assisted Living Week</b>  <b>9/12-9/18</b>  <hr/> <b>Country Drives</b>  <b>9/10 and 9/21</b></p>	