

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

## Armstrong Memory Care Assisted Living



<p>12:00 Lunch &amp; Music 1:00 Snowball Fight 2:00 Happy Hour 2:30 Hymn Sing a Long 3:30 Horse Shoes 4:00 Afternoon Stretch 6:00 Basket Toss 7:00 Coffee &amp; Tea Cart</p> <p><b>3</b></p>	<p>10:00 Hydration Cart 10:30 Pong Ball 11:00 Chair Exercise 1:00 Rosary 2:00 January Bingo 3:30 Snowball Swat 4:00 Move to the Music 6:00 High Low</p> <p><b>4</b></p>	<p>10:00 Hydration Cart 10:30 Snow Ball Toss 11:00 Tai-Chi <i>2:00 Video Worship Service</i> 2:00 Massages &amp; Manicures 3:00 Happy Hour 3:30 Basketball 4:00 Sit and Be Fit 6:00 Take a Guess <i>National Whipped Cream Day</i></p> <p><b>5</b></p>	<p>10:00 Hydration Cart 10:45 Sing-a-long 1:30 January Bingo 3:00 Noodle Balloon 3:00 Manicures &amp; Massages 3:30 Snowman Knock Down 4:00 Music and Motion 6:00 Finish the Phrase</p> <p><b>6</b></p>	<p>10:00 Hydration Cart 10:35 Kick Ball 11:00 Chair Yoga 1:00 Noodle Ball 2:00 Happy Hour 2:30 I Love Lucy 3:30 High Low 4:00 Exercise 6:00 Dice Game</p> <p><b>7</b></p>	<p>10:45 Snowball Fight 11:15 Music and Motion 1:30 New Years Bingo 3:00 Happy Hour <i>3:00 Video Worship Service</i> 4:00 Sit Down Dancing 6:00 Creative Coloring</p> <p><b>1</b></p> <p><i>New Year's Day</i></p>	<p>10:45 Know down the Snowman 11:15 Morning Stretch 1:00 Marshmallow Toss 2:00 Horse Race 3:00 Happy Hour Social 4:00 Chair Yoga 6:00 7, 11 or Double 7:00 Lawrence Welk</p> <p><b>2</b></p>
<p>10:15 Hydration Cart 10:45 Ring Toss 12:45 Balloons 2:00 Happy Hour 2:30 Corn Hole 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Jingle Bell Toss</p> <p><b>10</b></p>	<p>10:00 Hydration Cart 10:30 Dice Game 11:00 Chair Exercise 1:00 Rosary <i>2:00 Sip and Paint</i> 3:00 Happy Hour 4:00 Move to the Music 6:00 Game Shows <i>National Cream Puff Day</i></p> <p><b>11</b></p>	<p>10:00 Hydration Cart 10:30 Snow Ball Toss 11:00 Tai-Chi <i>2:00 Video Worship Service</i> 2:00 Massages &amp; Manicures 3:00 Happy Hour 3:30 Basket Toss 4:00 Sit and Be Fit 6:00 Shake Awake <i>National Glazed Doughnut day</i></p> <p><b>12</b></p>	<p>10:00 Hydration Cart 10:30 Sing-a-long 1:30 January Bingo 3:00 Javelin 3:30 Ring Toss 4:00 Music and Motion 6:00 Finish the Song</p> <p><b>13</b></p>	<p>10:00 Hydration Cart 10:35 Kick Ball 11:00 Chair Yoga 1:00 Noodle Ball 2:00 Happy Hour 2:30 Twister 3:30 Lawn Darts 4:00 Exercise 6:00 Tenzee Game</p> <p><b>14</b></p>	<p>10:00 Hydration Cart 10:30 Bucket Toss 11:00 Music and Motion <i>2:00 Video Concert; Neil Diamond</i> 2:00 Massages &amp; Manicures 3:00 Friday Bowling 4:00 Sit Down Dancing 6:00 Pigs <i>National Strawberry Ice Cream Day</i></p> <p><b>15</b></p>	<p>10:45 Fill the Snowman 11:15 Morning Stretch 1:00 Marshmallow Toss 2:00 Horse Race 3:00 Happy Hour Social 4:00 Chair Yoga 6:00 Comedy Time 7:00 Lawrence Welk</p> <p><b>16</b></p>
<p>1:00 Snowball Fight <i>2:00 Video Catholic Mass</i> 3:00 Happy Hour 3:30 Horse shoes 4:00 Afternoon Stretch 6:00 Basket Toss 7:00 Coffee &amp; Tea Cart</p> <p><b>17</b></p>	<p><i>Happy Birthday Sallie!!!</i> 10:00 Hydration Cart 10:30 Pong Ball 11:00 Chair Exercise 12:00 January Bingo 3:30 Snowball Swat 4:00 Move to the Music 6:00 High Low <i>National Gourmet Coffee Day</i> <i>Martin Luther King Day</i></p> <p><b>18</b></p>	<p>10:00 Hydration Cart 10:30 Snow Ball Toss 11:00 Tai-Chi <i>2:00 Video Worship Service</i> 2:00 Massages &amp; Manicures 3:00 Happy Hour 3:30 Basketball 4:00 Sit and Be Fit 6:00 Take a Guess</p> <p><b>19</b></p>	<p>10:00 Hydration Cart 10:45 Sing-a-long 1:30 January Bingo <i>3:00 Wine and Cheese Party</i> 3:30 Manicures &amp; Massages 3:30 Snowman Knock Down 4:00 Music and Motion 6:00 Finish the Phrase <i>National Cheese Lover's Day</i></p> <p><b>20</b></p>	<p>10:00 Hydration Cart 10:35 Kick Ball 11:00 Chair Yoga 1:00 Rosary <i>2:00 Crafts</i> 3:30 Lawn Darts 4:00 Exercise 6:00 Dice Game</p> <p><b>21</b></p>	<p>10:00 Hydration Cart 10:30 Bucket Toss 11:00 Music and Motion <i>2:00 Video Concert; Tome Jones</i> 2:00 Massages &amp; Manicures 3:00 Friday Bowling 4:00 Sit Down Dancing 6:00 7, 11 or Double</p> <p><b>22</b></p>	<p>10:45 Olaf Toss 11:15 Morning Stretch 1:00 Pin the Nose on Frosty 2:00 Horse Racing 3:00 Happy Hour 3:30 Bean Bag Toss 4:00 Sit Down Dancing 6:00 Pizza Toss 7:00 Lawrence Welk</p> <p><b>23</b></p>
<p>10:15 Hydration Cart 10:45 Ring Toss 12:45 Balloons 2:00 Happy Hour 2:30 Corn Hole 3:30 Bean Bag Toss 4:00 Afternoon Stretch 6:00 Jingle Bell Toss <i>Activity Professionals Week</i></p> <p><b>24</b></p>	<p>10:00 Hydration Cart 10:30 Dice Game 11:00 Chair Exercise 1:00 Rosary <i>2:00 Marshmallow party</i> 3:30 Snowball Swat 4:00 Move to the Music 6:00 I Love Lucy <i>National Marshmallow Day</i></p> <p><b>25</b></p>	<p>10:00 Hydration Cart 10:30 Snow Ball Toss 11:00 Tai-Chi <i>2:00 Video Worship Service</i> 2:00 Massages &amp; Manicures 3:00 Happy Hour 3:30 Basketball 4:00 Sit and Be Fit 6:00 Shake Awake <i>Australia Day (observed)</i></p> <p><b>26</b></p>	<p>10:00 Hydration Cart 10:30 Sing-a-long 1:30 January Bingo <i>3:00 January Birthday Party</i> 4:00 Music and Motion 6:00 Finish the Song <i>National Chocolate Cake Day</i></p> <p><b>27</b></p>	<p>10:00 Hydration Cart 10:35 Kick Ball 11:00 Chair Yoga 1:00 Noodle Ball <i>2:00 Video Concert; Anne Murray</i> 3:30 High Low 4:00 Exercise 6:00 Tenzee Game <i>Blueberry Pancake Day</i></p> <p><b>28</b></p>	<p>10:00 Hydration Cart 10:30 Bucket Toss 11:00 Music and Motion 1:30 January Bingo 3:00 Friday Bowling 4:00 Sit Down Dancing 6:00 Creative Coloring</p> <p><b>29</b></p>	<p>10:45 Fill the Snowman 11:15 Morning Stretch 1:00 Marshmallow Toss 2:00 Horse Race 3:00 Happy Hour Social 4:00 Chair Yoga 6:00 7, 11 or Double 7:00 Lawrence Welk</p> <p><b>30</b></p>

1:00 Snowball Fight  
2:00 Happy Hour  
2:30 Hymn Sing a Long  
3:30 Horse Shoes  
4:00 Afternoon Stretch  
6:00 Basket Toss  
7:00 Coffee & Tea Cart

**31**

*May you have a year filled with  
Love, Laughter and Hope!!  
Wishing you a Happy new Year!!!*

