

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



AMCAL Olympics
July 21-July 28

July 2021

Armstrong Memory Care Assisted Living

 AMCAL Olympics July 21-July 28 Armstrong Memory Care Assisted Living				AM Hydration Cart 1 10:00 Balloon Swat 10:30 Horse Shoes 11:00 Chair Yoga <i>1:30 Spiritual Eldercare Church</i> 2:30 Horse Racing/Happy Hour 3:00 4th of July Craft 3:30 High Low 4:00 Sittercize 6:00 Luck Dog <small>Canada Day</small>	AM Hydration Cart 2 10:00 Number Bingo 11:00 Rhythm and Movement 1:30 Party toss <i>1:30 Drive in the Country</i> 3:00 Bowling /Happy Hour 4:00 Chair A Size 6:00 Penny Ante' 1	10:45 Ring Toss 3 11:15 Moring Stretch 1:00 Walking Group 2:00 Noodle Balloon 3:00 Happy Hour 3:30 Yard Darts 4:00 Chair Yoga 6:00 Fact or Crap <small>Halfway Point of 2021</small>
10:45 Red, White and Blue 4 Bean Bag Toss 11:15 Moving to the Music 1:30 Patriotic Bingo 2:30 Bomb Pops 3:00 Patriotic Bowling 4:00 Music and Motion 6:00 Reading Circle "Lady Liberty" <small>Independence Day (US)</small>	AM Hydration Cart 5 10:00 Pong Ball 10:35 High Low 11:00 Sit Down Dancing <i>1:30 Rosary</i> 2:30 Happy Hour 3:00 Basket ball 4:00 Sit and be Fit 6:00 Dice <small>Graham Cracker Day</small>	AM Hydration Cart 6 10:00 Patio Social 11:00 Morning Stretch 2:00 Ring Toss 2:00 Happy Hour 2:30 Manicures and Massages 3:30 Kick Ball 4:00 Chair Yoga 6:00 Make That Cake Game	AM Hydration Cart 7 10:00 Sing a Long 11:00 Chair Exercise 2:00 Bingo 2:00 Happy Hour 2:30 Craft 3:30 Golf 4:00 Moving to the Music 6:00 Creative Coloring	<i>Happy Birthday Clara!!!</i> 8 AM Hydration Cart 10:00 Noodle Balloon 10:30 Pail Toss 11:00 Chair Yoga <i>1:30 Spiritual Eldercare Church</i> 2:30 Happy Hour/Yard Darts 3:30 Can Knock Down 4:00 Chair A Size 6:00 Shake Awake	9 AM Hydration Cart 10:00 Kick Ball 10:30 7/11/Double 11:00 Rhythm and Movement <i>2:00 Music with Randy Burk</i> 3:30 Friday Bowling 6:00 Ice Cream Game <small>Strawberry Sundae day</small>	10 10:45 Corn Hole 11:15 Morning Stretch 1:00 Walking Group 2:00 Pass the Pigs 3:00 Happy Hour 3:30 Frog Toss 4:00 Chair Yoga 6:00 Dominoes
11 1:30 Posy Toss 2:00 Beach Ball 3:00 Happy Hour/Patio Social 4:00 Music and Motion 6:00 Luck Dog 7:00 Snack Chat	<i>Happy Birthday Nita!!</i> 12 AM Hydration Cart 10:00 Table Top Bowling 11:00 Sit Down Dancing <i>1:30 Rosary</i> 2:30 Bingo 2:30 Happy Hour 3:30 Ring Toss 4:00 Sit and Be fit 6:00 Shake Loose	13 AM Hydration Cart 10:00 Patio Social/ Resident & Food Council 11:00 Morning Stretch 2:00 Golf 2:00 Happy Hour 2:30 Manicures and Massages 3:30 Noodle Ball 4:00 Chair Yoga <i>6:00 Visits with PAWS</i>	14 AM Hydration Cart 10:00 Sing a Long 11:00 Chair Exercise <i>1:30 Drive in the Country</i> 2:00 Bingo 2:00 Happy Hour 3:30 Frog Toss 4:00 Moving to the Music 6:00 Reading Circle	15 AM Hydration Cart 10:00 Sundae Cherry Pitch 10:30 50's Name that Tune 11:00 Chiar a size <i>2:00 Sock Hop with Dave Propri</i> 3:30 50's TWISTER 4:00 Moving to the Music 6:00 50's Slang	16 AM Hydration Cart <i>10:00 Spiritual Eldercare Church</i> 11:00 Chair Exercise <i>2:00 Making Your Own Sundae</i> 3:30 Yardzee 4:00 Chair A Size 6:00 Name 3 <small>Make Your Own Sundae</small>	17 10:45 Hoopla 11:15 Moring Stretch 1:00 Walking Group 2:00 Hit the Emoji 3:00 Happy Hour 3:30 Yard Darts 4:00 Chair Yoga 6:00 Penny Ante' 2 <small>World Emoji Day</small>
18 <i>1:30 Catholic Mass Video</i> 3:00 Happy Hour/Patio Social 4:00 Music and Motion 6:00 True or False 7:00 Snack Chat	19 AM Hydration Cart 10:00 Balloon Swat 10:30 Bucket Pong 11:00 Sit Down Dancing <i>1:30 Rosary</i> 2:30 Bingo 2:30 Happy Hour 4:00 Sit and Be fit 6:00 Shake Loose	20 AM Hydration Cart <i>10:00 Spiritual Eldercare Church</i> 11:00 Morning Stretch 2:00 Basketball 2:00 Happy Hour 2:30 Manicures and Massages 3:30 Noodle Ball 4:00 Chair Yoga 6:00 Alphabet Game	21 AM Hydration Cart 10:00 Sing a Long 11:00 Chair Exercise <i>2:00 AMCAL Olympic Opening Cerimoneis with Rachel Joy-Tapuj</i> 3:30 Pong Ball 4:00 Moving to the Music 6:00 Ziltch	22 AM Hydration Cart 10:00 Kick Ball 10:30 Basket Toss 11:00 Chair A Size <i>2:00 Olympic Event "Basketball Throw"</i> 3:00 Happy Hour/High Low 3:30 Pamper Time/Ring Toss 4:00 Moving to the Music 6:00 Reading Circle	23 AM Hydration Cart 10:00 Number Bingo 11:00 Rhythm and Movement <i>2:00 Olympic Event "Golf"</i> 3:00 Happy Hour/Patio Social 4:00 Chair A Size 6:00 What's Wrong with this Picture	24 10:45 Corn Hole 11:15 Morning Stretch 1:00 Walking Group 2:00 Pass the Pigs 3:00 Happy Hour 3:30 Frog Toss 4:00 Chair Yoga 6:00 Dice <small>Full Buck Moon</small>
25 10:45 Bean Bag Toss 11:15 Moving to the Music 1:30 Patio Social 2:00 Happy Hour 3:00 Ring Toss 4:00 Music and Motion 6:00 Reading Circle	26 AM Hydration Cart 10:00 Noodle Hockey 10:30 Horse Shoes 11:00 Sit Down Dancing <i>1:30 Rosary</i> <i>2:30 Olympic Event "Football Throw"</i> 3:30 Happy Hour/Patio Social 6:00 Wooden Matching Game	27 AM Hydration Cart 10:00 Patio Social 11:00 Moring Stretch <i>2:00 Olympic Event "Javiln Throw"</i> 3:00 Bingo/Happy Hour 4:00 Chair Yoga 6:00 Massages	28 AM Hydration Cart <i>10:00 Spiritual Eldercare Church</i> 11:00 Chair Exercise <i>2:00 Olympic Closing Ceremonies with Richard Robison</i> 3:30 Moving to the Music 4:00 Ring Toss 6:00 Pigs	29 AM Hydration Cart 10:00 Balloon Noodle 10:30 Bucket Pong 11:00 Chair A Size 1:30 Horse Racing 2:00 Games 3:00 Happy Hour 3:30 Darts 4:00 Moving to the Music 6:00 Zltch	30 AM Hydration Car 10:00 Number Bingo 11:00 Rhythm and Movement <i>2:00 Celebrating July Birthday's with Fudge Sundaes</i> 3:30 Friday Bowling 3:30 Pamper Time 6:00 Reading Circle	31 10:45 Corn Hole 11:15 Morning Stretch 1:00 Walking Group 2:00 Pass the Pigs 3:00 Happy Hour 3:30 Frog Toss 4:00 Chair Yoga 6:00 Dominoes

Type the name, address, and other information about your community/company here.