

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| | | | <p>9:45 Walking Group 10:00 Rosary with Sandy 2:00 Making Valentines' for Some Place Safe 2:30 Table Top Bowling 3:30 Javelin 4:00 Let's get Moving 6:00 Lucky Dog</p> | <p>9:45 February Bingo & WYW 11:00 Get Moving 2:00 Coffee and Canvas with Kelly (N) 2:30 Small Group (S) 3:00 Slotz Ball (S) 3:30 Yard Darts (S) 4:00 Afternoon Stretch 6:00 Gratitude Sticks <small>Groundhog Day</small></p> | <p>9:45 7/11/Double 10:15 Wet Your Whistle 10:30 Frog Toss 11:00 Rhythm & Movement 2:00 Heart Racing & Happy Hour 3:00 Ring Toss 3:30 Golf 4:00 Movin' & Grovin' 6:00 Penny Ante'</p> | <p>10:45 Shuffle Board 2:00 Broadway Plays & Pamper Time 3:00 Snowman Bowling 4:00 Sit down Dancing 6:00 Person, Place or Thing <small>Broadway Play Day</small></p> |
| <p>Eileen's</p> | <p>9:45 Snow Ball Toss 10:15 Wet Your Whistle 10:30 Mozzarella Toss 11:00 Sit Down Dancing 2:00 Party Pong & Happy Hour 3:00 Snowman Bowling 4:00 Music & Movement 6:00 Reading Circle</p> | <p>9:45 February Bingo & WYW 11:00 Chair Yoga 2:00 Number Bean Bag Toss & Happy Hour 3:00 Corn Hole 4:00 Music & Motion 6:00 Rock, Paper Scissors</p> | <p>9:45 Sing a Long and WYW 11:00 Morning Stretch 1:15 Walking Group 1:30 Communion with Felicia 2:30 Happy Hour 3:00 Heart Racing 4:00 Let's get Moving 6:00 Zilch</p> | <p>9:45 Walking Group 10:00 Bible Study with Joe & Linda 2:00 Video concert and HH 2:00 Heart Craft 3:00 Snowball Drop 3:30 Pong Ball 4:00 Afternoon Stretch 6:00 Lucky Dog</p> | <p><i>Happy Birthday Anna!!!</i> 9:45 February Bingo & WYW 11:00 Rhythm & Movement 2:00 Bocce & Happy Hour 2:00 Pamper Time 3:00 Pass the Pigs 4:00 Movin' & Grovin' 6:00 Ice Cream Game</p> | <p>10:45 Horse Shoes 2:00 Table Top Bowling & Happy Hour 3:00 Swat Balloon 3:30 Bottle Stand Up 4:00 Sit Down Dancing 6:00 Creative Coloring</p> |
| <p>10:45 Football Toss 1:00 Walking Group 1:30 Church with Joe & Linda 3:00 Superbowl Tailgate & The Puppy Bowl 4:00 Afternoon stretch 6:00 Shake Loose</p> | <p>9:45 Marshmallow Toss 10:15 Wet Your Whistle 10:30 7/11/ or Double 11:00 Sit Down Dancing 2:00 Hart Cone Toss & Happy Hour 2:30 Noodle Fun/Making Masks 4:00 Music & Movement 6:00 Tower Game</p> | <p>9:45 Cupid's Arrow toss 10:15 Wet Your Whistle 10:30 Finding Love Game 11:00 Chair Yoga 2:00 Valentine's Day Party With Rachel 3:30 Bucket Head 4:00 Music & Motion 6:00 Lucky Love <small>Valentine's Day</small></p> | <p>9:45 Walking Group 10:00 Rosary with Sandy 11:00 Morning Stretch 1:15 Walking Group 2:30 Heart Racing 3:30 Bottle Stand Up 4:00 Let's Get Moving 6:00 Soft Music and Hand Massages</p> | <p>10:45 Ring Toss 2:00 February Bingo & Happy Hour 3:00 Corn Hole 4:00 Afternoon Stretch 6:00 Reading Circle</p> | <p>9:45 Yellow Dice 10:15 Wet Your Whistle 10:30 Bird Twister 11:00 Rhythm & Movement 2:00 Making Bird Feeders 3:00 Corn Hole 4:00 Movin' & Grovin' 6:00 Backyard Bird Matching <small>Backyard Bird watching Day</small></p> | <p>10:45 Fairy Tale Mad Lib Story 11:00 Chair A Size 2:00 Writing a Fairy Tale 2:30 Ring Around a Dwarf 3:30 Fairy Tale Dice 4:00 Sit Down dancing 6:00 Remembering Fairy Tales <small>Once Upon a Time Day</small></p> |
| <p>10:45 Horse Shoes 2:00 Number Bingo & Happy Hour 3:00 Kick ball 3:30 Bucket Toss 4:00 Afternoon stretch 6:00 Jumbling Tower</p> | <p>9:45 President Trivia 10:15 Wet Your Whistle 10:30 Party Pong 11:00 Sit down dancing 2:00 Snowman Bowling & Happy Hour 3:00 Yard Darts 4:00 Music a& Movement 6:00 What's in the Bag <small>Presidents' Day</small></p> | <p>10:45 Doubloon Throw 2:00 New Orleans Mardi Gras Youtube video 2:30 Mardi Gras King Cake 3:00 Mardi Gras Ring Toss 3:30 Mardi Gras Piñata 4:00 Music & Motion 6:00 Lucky Mardi Gras <small>Mardi Gras</small></p> | <p>9:45 Sing a Long and WYW 10:30 Hart Ring Toss 11:00 Morning Stretch 1:30 Communion & Ashes with Felicia 2:30 Concert with Take II 3:30 Kick ball 4:00 Let's Get Moving 6:00 LCR <small>Ash Wednesday</small></p> | <p>9:45 Walking Group 10:00 Bible Study with Joe & Linda 2:00 February Bingo & Happy Hour 3:30 Heart Toss 4:00 Afternoon Stretch 6:00 Soft Music and manicures</p> | <p>10:00 Resident Council and WYW 10:30 Finish the Song 11:00 Rhythm & Movement 2:00 Stacking Flapjacks 3:00 Happy Hour 3:30 Flipping Flapjacks 4:00 Movin' & Grovin' 6:00 Shake Awake Your Taste <small>Flipping for Flapjacks Friday</small></p> | <p>9:45 Bean Bag Toss 2:00 Javelin & Happy Hour 2:30 Bocce 3:00 Kick Ball 3:30 Balloons 4:00 Finish the Saying 6:00 Shake Loose</p> |
| <p>10:45 Ring Toss 1:00 Walking Group 2:00 Church with Joe & Linda 3:30 Disc Toss 4:00 Afternoon Stretch 6:00 Creative Coloring</p> | <p>9:45 Slotz Ball 10:15 Wet Your Whistle 10:30 Snowball drop 11:00 Sit Down Dancing 2:00 Snowman Bowling & Happy Hour 3:00 Noodle Fun 4:00 Music & Movement 6:00 You Choose</p> | <p>9:45 Heart Toss 10:15 Wet Your Whistle 10:30 Yellow Dice 11:00 Chair Yoga 2:00 February Birthday Party With Richard 3:00 Party Pong 4:00 Music & Motion 6:00 Shake Loose</p> | <h1>February 2023</h1> <h2>Armstrong Memory Care Assisted Living</h2> | | | |