

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Armstrong Memory Care Assisted Living

			<p>9:45 Walking Group  <b>10:00 Rosary with Sandy</b>  11:00 Morning Stretch  1:30 Posey Toss  2:30 Happy Hour  3:00 Shamrock Race  3:30 Corn hole  4:0 Let's Get Moving  6:00 Shake Awake</p>	<p>9:45 Yellow Dice  10:15 Wet Your Whistle  10:30 Bean Bag  11:00 Get Moving  1:30 March Bingo &amp; HH  3:30 Javelin  4:00 Afternoon Stretch  6:00 Reading Circle</p>	<p>9:45 Bucket Toss  10:15 Happy Hour  11:00 Rhythm &amp; Movement  1:30 Pass The Pigs  2:30 Noodle Fun  3:00 Mozzarella Toss  4:00 Movin' &amp; Grovin'  6:00 Lucky Dog</p>	<p><b>Eileen's Choice</b></p>
<p>9:45 Chair Yoga  10:15 Wet Your Whistle  10:30 Horse Shoes  1:30 Sit Down Dancing  1:30 Pamper Time  2:30 Comedy Hour &amp; HH  3:30 Noodle Fun  4:00 Kick Ball  6:00 Roll a Rainbow  Cheese Doodle Day</p>	<p>10:45 Walking Group  1:30 March Bingo &amp; HH  3:00 Small Group  3:00 Posey Toss  3:30 7/11/Double  4:00 Matching  4:00 Chair a Size  6:00 Shake Loose</p> <p>Purim Begins</p>	<p>9:45 1 Step, 2 Step  3 Step More..  10:15 Wet Your Whistle  10:30 Dr. Seuss Cone Game  11:00 1 Fish 2 fish Fishing Game  2:00 Dr. Seuss Party with Brian McGowen  3:00 The 5,000 Fingers of Dr. T ~ Dr Seuss Movie  3:30 Doodle Noodle  6:00 All about Dr. Seuss  Dr. Seuss Day ~ Full "Worm" Moon</p>	<p>9:45 Sing a Long &amp; WYW  11:00 Morning Stretch  1:15 Walking Group  1:30 Communion with Felicia  2:00 Succulent Plating  2:30 Tossing Shamrocks &amp; HH  3:00 Word Games  4:00 Let's Get Moving  6:00 Reading Circle</p> <p>National Grammar Day</p>	<p>9:45 Walking Group  10:00 Bible Study with Joe &amp; Linda  11:00 Get Moving  1:30 March Bingo &amp; HH  3:00 Slotz Ball  3:30 Javelin  4:00 Afternoon Stretch  6:00 You Choose</p>	<p>9:45 Number Bingo  11:00 Rhythm &amp; Movement  1:30 Leprechaun Racing  2:30 Dice Game  3:00 Happy Hour  3:30 Ring Toss  4:00 Movin' &amp; Grovin'  6:00 Tower Game</p>	<p>10:45 Yellow Dice  1:30 Bottle Stand Up  2:30 Kick Ball  3:30 Party Pong  4:00 Sit Down Dancing  6:00 Lucky Leprechaun</p>
<p>9:45 Corn Hole  1:30 Walking Group  2:00 Church with Joe &amp; Linda  3:30 Bottle Stand Up  4:00 Afternoon Stretch  6:00 Dominoes</p> <p>Daylight Saving Time Begins</p>	<p>9:45 Shamrock Dice  10:15 Wet Your Whistle  10:30 Bucket Toss  11:00 Sit Down Dancing  1:30 Walking Group  2:00 Button Craft  2:00 Golf  3:00 Button Toss  4:00 Chair A Size  6:00 Reading Circle</p> <p>National Button Day</p>	<p>9:45 Beach Bag Pie Toss  10:15 Wet Your Whistle  10:30 Taste Test  11:00 Chair Yoga  1:30 Making Leprechaun Cookies  3:00 Skeet Ball  4:00 Music &amp; Motion  6:00 You Choose</p> <p>Potato Chip Day</p>	<p>9:45 Walking Group  10:00 Rosary with Sandy  10:30 Resident Council &amp; Wet Your Whistle  11:00 Morning Stretch  1:30 Leprechaun Racing  2:30 Happy Hour &amp; Trivia  3:00 Kick Ball  4:00 Let's Get Moving  6:00 Roll a Rainbow</p>	<p>9:45 Sing A Long &amp; WYW  11:00 Get Moving  1:30 March Bingo &amp; HH  3:00 Table Top Bowling  3:30 Small Group  4:00 Afternoon Stretch  6:00 Kerplunk</p>	<p>9:45 Shamrock Bounce  10:15 Wet Your Whistle  10:30 Irish Hot Potatoe  11:00 Rhythm &amp; Movement  2:00 St. Patrick's Day Party  3:30 Leprechaun Toss  4:00 Movin' &amp; Grovin'  6:00 Pot o' Gold Dice Game</p> <p>St. Patrick's Day</p>	<p>10:45 Bean Bag Toss  2:00 Javelin &amp; Happy Hour  2:30 Bocce  3:30 Balloons  4:00 Finish the Saying  6:00 Shake Loose</p>
<p>10:45 Horse Shoes  1:30 You Choose the Musical  3:00 Kick ball  3:30 Bucket Toss  4:00 Afternoon stretch  6:00 Jumblng Tower</p>	<p>9:45 Flower Dice  10:15 Wet Your Whistle  10:30 Spring Would You Rather  11:00 Sit Down Dancing  2:00 Spring Sock Hop With Rachel Joy-Tajac  3:30 Posey Toss  4:00 Chair A Size  6:00 Lucky Spring</p> <p>Spring Begins</p>	<p>9:45 March Bingo &amp; WYW  11:00 Chair Yoga  1:30 Bean Bag Toss  2:00 Dice  2:30 Happy Hour  3:00 Walking Group  3:30 Tennis  4:00 Music &amp; Motion  6:00 Penny Ante'</p>	<p>9:45 Sing A Long &amp; WYW  11:00 Moring Stretch  1:15 Walking Group  1:30 Communion with Felicia  2:30 Leprechaun Race  3:30 Noodle Fun  4:00 Let's Get Moving  6:00 Reading Circle</p> <p>Ramadan Begins</p>	<p>9:45 Walking Group  10:00 Bible Study with Joe &amp; Linda  11:00 Get Moving  1:30 March Bingo &amp; HH  3:00 Bowling  4:00 Afternoon Stretch  6:00 LCR</p>	<p>9:45 Rhythm &amp; Movement  10:15 Wet Your whistle  10:30 Yard Darts  11:00 Shamrock Toss  1:30 Walking Group  2:00 Pass the Pigs &amp; Pamper Time  3:00 Corn Hole  4:00 Movin &amp; Grovin  6:00 You Choose</p>	<p><b>Amber's Choice</b></p>
<p>10:45 Yellow Dice  11:15 Chair Yoga  1:30 Walking Group  2:00 Church with Joe &amp; Linda  3:30 Disc Toss  4:00 Afternoon Stretch  6:00 Rock, Paper Scissors</p>	<p>9:45 Sing A Long &amp; WYW  11:00 Sit Down Dancing  1:30 Slot Ball  2:00 Tennis  2:00 Happy Hour &amp; Pamper Time  2:30 Number Bean Bag toss  3:30 Ring Toss  4:00 Chair A Size  6:00 Zilch</p>	<p>9:45 March Bingo &amp; WYW  11:00 Chair Yoga  1:30 Table Top Bowling  2:30 Pong Ball  3:30 Bottle Stand Up  4:00 Music and Motion  6:00 High Low</p>	<p>9:45 Walking Group  10:00 Rosary with Sandy  10:45 7/11/Double  11:00 Morning Stretch  1:30 Leprechaun Race  1:30 Pamper Time  2:30 Shuffle Board  4:00 Let's Get Moving  6:00 Lucky Dog</p>	<p>9:45 Baseball Dice  10:15 Wet Your Whistle  10:30 Baseball Noodle  11:00 7th Inning Stretch  2:00 Baseball Bingo  3:30 Baseball Piñata  4:00 Afternoon Stretch  6:00 Baseball Games</p> <p>First Day of Baseball</p>	<p>9:45 Dice  10:15 Wet Your Whistle  10:30 Bucket Toss  11:00 Rhythm &amp; Movement  1:30 Skeet Ball  2:00 March Bingo &amp; HH  3:30 Party Pong  4:00 Movin' &amp; Grovin'  6:00 Penny Ante'</p>	