



ActivCare Daily Activities

Happy
Grandparents
Day

ActivCare at Bressi Ranch
September 2017



Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

September 4

Labor Day

September 10

Grandparents Day





September 21

Hoedown

September 26

Birthday Celebration

Hoedown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bowling with Friends 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Tabletop Games 6:00 Moonlight Movie	4 Labor Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 * Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Story Hour/ Favorite Books 3:00 Dessert & Coffee Social 3:30 In the Kitchen: English Muffin Pizzas 6:00 Moonlight Movie	5 Cheese Pizza Day 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Name 5 Game 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Story Hour/ Favorite Books 3:00 Dessert & Coffee Social 3:30 In the Kitchen: English Muffin Pizzas 6:00 Moonlight Movie	6 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Bus Field Trip: Scenic Ocean Ride & Lunch at Ruby's Diner 12:00 Lunch 1:00 Indoor Horseshoes 2:00 Trivia Circle 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	7 8:30 CNN 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Hangman Challenge 12:00 Lunch 1:00 Basketball Toss 1:30 Red Hat Club 2:00 Lawrence Welk 3:00 Dessert & Coffee Social 3:30 Flower Arranging Club 6:00 Moonlight Movie	8 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Trip 10:45 Word Scramblers 12:00 Lunch 1:00 Toss and Talk Trivia Ball 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	9 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Hangman Game 12:00 Lunch 1:00 Tic Tac Toe Toss 2:00 Sing Along with Instruments 3:00 Dessert & Coffee Social 3:30 Crafter's Corner: Beading 6:00 Moonlight Movie
10 Grandparent's Day 8:30 Today's Current Events 9:00 Stretch with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Fishing Game 2:00 Reminiscing Circle: Grandparents 3:00 Grandparent's Day Social 3:30 Crafting: Decorative Horseshoes 6:00 Moonlight Movie	11 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 * Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Balloon Badminton 2:00 Patriotic Club 3:00 Dessert & Coffee Social 3:30 Creative Writing: Acrostic Poems 6:00 Moonlight Movie	12 Chocolate Milkshake Day 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 In the Kitchen: Milkshakes 12:00 Lunch 1:00 Bat the Balloon Game 2:00 I Hear Memories 3:00 Dessert & Coffee Social 3:30 Music with Vicky James 6:00 Moonlight Movie	13 Defy Superstitions Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Bus Field Trip: Craftsman's Museum 12:00 Lunch 1:00 Basketball Toss 2:00 You Be The Judge 3:00 Dessert & Coffee Social 3:30 Discussion Group: Common Superstitions 6:00 Moonlight Movie	14 8:30 CNN 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Word Scramblers 12:00 Lunch 1:00 Parachute Fun 1:00 Joy of Watercolor with Peggy 2:00 Sing Along with Instruments 3:00 Dessert & Coffee Social 3:30 Flower Arranging Club 6:00 Moonlight Movie	15 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Trip 10:45 White Board Games 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 Pictionary 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	16 Mayflower Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Finish the Sentence Game 12:00 Lunch 1:00 Kickball Game 2:00 <i>Chicken Soup for the Soul</i> 3:00 Dessert & Coffee Social 3:30 History Club: The Mayflower 6:00 Moonlight Movie
17 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Horseshoe Fun/ Indoor Bocce Ball 2:00 <i>Worms The State Game</i> 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie	18 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 * Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Lunch with Carmen 1:00 Bean Bag Toss Challenge 2:00 Animal Facts and Trivia 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	19 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Large Card Trivia 12:00 Lunch 1:00 Balloon Badminton 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	20 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Bus Field Trip: Rancho Coastal Humane Society 12:00 Lunch 1:00 Bowling Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Crafter's Corner: Fall Door Hangers 6:00 Moonlight Movie	21 ★ Hoedown! ★ 8:30 CNN 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Chip Chuckin' Game 12:00 Lunch 1:00 Sing Along 1:30 Country Hoedown! Music by Cowboy Jack Petting Zoo with Barnyard Cuties 3:00 Dessert & Coffee Social 3:30 Wild Wild West Trivia 6:00 Moonlight Movie: John Wayne	22 Autumn Begins 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Trip 10:45 Brain Games 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 Sentimental Reflections 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	23 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Anagrams 12:00 Lunch 1:00 Large Bean Bag Toss 2:00 National Geographic 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Fall Apple Crisp 6:00 Moonlight Movie
24 8:30 Today's Current Events 9:00 Stretch with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bean Bag Toss 2:00 Movement Made Simple 3:00 Dessert & Coffee Social 3:30 Creative Birthday Hats 6:00 Moonlight Movie	25 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 * Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bowling Fun 2:00 Johnny Appleseed: Fun Facts 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	26 Birthday Celebration 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 White Board Brain Games 12:00 Lunch 1:00 Sing Along 1:00 Birthday Party with Almaria! 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	27 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Bus Field Trip: Shadowridge Duck Pond and Picnic 12:00 Lunch 1:00 Balloon Volleyball 2:00 <i>Just a Moment</i> Meditations 3:00 Dessert & Coffee Social 3:30 Reminiscing Club 6:00 Moonlight Movie	28 8:30 CNN 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Flower Arranging Club 12:00 Lunch 1:00 Bat the Balloon Game 1:30 Red Hat Club 3:00 Dessert & Coffee Social 3:30 In the Kitchen with Chef Art 6:00 Moonlight Movie	29 8:30 Morning News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Trip 10:45 Name 5 Game 12:00 Lunch 1:00 Indoor "Basketball" 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	30 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Name 5 Game 12:00 Lunch 1:00 Velcro Catch 2:00 Reminisce Through The Decades 3:00 Dessert & Coffee Social 3:30 Science Club 6:00 Moonlight Movie

Activities subject to change without notice.