



ActivCare

Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

**January 1
New Year's Day**

**January 11
Red Hat Club**

**January 24
Peanut Butter Baking**

**January 30
Birthday Party**



ActivCare at Bressi Ranch

January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 New Year's Day</p> <p>8:30 Tournament of Roses Parade 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 *Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 12:00 Lunch 1:00 Entertainment with Musicstation! 2:00 <i>Find the Phrase Game</i> 3:00 Dessert & Coffee Social 3:30 New Year's Resolutions 6:00 Moonlight Movie</p>	<p>2</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 5 Game 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Resident in the Spotlight 6:00 Moonlight Movie</p>	<p>3</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Bus Trip: Oceanside Harbor and Picnic 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Anagrams 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie</p>	<p>4</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Flower Arranging Club 12:00 Lunch 1:00 Bowling Challenge 2:00 <i>Unlock the Memories: 1950</i> 3:00 Dessert & Coffee Social 3:30 Intergenerational Activity with North Coast Church 6:00 Moonlight Movie</p>	<p>5</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club/ Town Stroll with Natasha 10:30 Scenic Van Trip 10:45 White Board Games 12:00 Lunch 1:00 Indoor Horseshoes 2:00 <i>The Big Band Years</i> 3:00 Dessert & Coffee Social 3:30 Rock Painting 6:00 Moonlight</p>	<p>6</p> <p>8:30 Today in History 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 It's OK to Be Smart Trivia 12:00 Lunch 1:00 Indoor Horseshoes 2:00 <i>The Big Band Years</i> 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight</p>
7	<p>8 Elvis Presley's Birthday</p> <p>8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Spiritual Hymns and Readings 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Patriotic Trivia 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie</p>	<p>9</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 9:30 Intergenerational Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Mus with Steve Grubbs 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Patriotic Trivia 3:00 Dessert & Coffee Social 3:30 Bingo Fun 6:00 Moonlight Movie</p>	<p>10</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Bus Trip: Shadrake Duck Pond 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 10 Game 12:00 Lunch 1:00 Indoor Bowling 1:30 Red Hat Bowling 2:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Homemade Milkshakes 6:00 Moonlight Movie</p>	<p>11 National Milk Day</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Town Stroll with Natasha 10:30 Scenic Van Trip 10:45 White Board Games 12:00 Lunch 1:00 Chip Chuckin' Game 2:00 All about Eagles 3:00 Dessert & Coffee Social 3:30 Crafting Circle: "Stained Glass" Pictures 6:00 Moonlight Movie</p>	<p>12</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club/ Town Stroll with Natasha 10:30 Scenic Van Trip 10:45 White Board Games 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 <i>Is that Your Final Answer?</i> 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</p>	<p>13 Eagle Day</p> <p>8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 White Board Games 12:00 Lunch 1:00 All about Eagles 2:00 <i>Is that Your Final Answer?</i> 3:00 Dessert & Coffee Social 3:30 Crafting Circle: "Stained Glass" Pictures 6:00 Moonlight Movie</p>
14	<p>15 Martin Luther King Jr. Day</p> <p>8:30 Today's Current Events 9:00 Stretch with Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bowling Fun 2:00 Timeless Trivia 3:00 Dessert & Coffee Social 3:30 Table Topics: Discussion 6:00 Moonlight Movie</p>	<p>16 Fig Newton Day</p> <p>8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 *Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 12:00 Lunch 1:00 Bocce Ball 2:00 Sensory Stimulation Activity 3:00 Dessert & Coffee Social 3:30 Biography: Martin Luther King 6:00 Moonlight Movie</p>	<p>17</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Bus Trip: Picnic at Lake Dixon 10:30 Walker's Club 10:45 Picture Challenge 12:00 Men's Lunch with Anthony 1:00 Movement Made Easy 2:00 Hangman Challenge 3:00 Dessert & Coffee Social 3:30 Pinecone Birdfeeders 6:00 Moonlight Movie</p>	<p>18 Cary Grant's Birthday</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Music with Phil Gates 12:00 Lunch 1:00 Joy of Watercolor with Peggy 2:00 Scene Cuisines of the World 3:00 Dessert & Coffee Social 3:30 Cary Grant Trivia and Popcorn 6:00 Moonlight Movie</p>	<p>19</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Town Stroll with Natasha 10:30 Scenic Bus Trip 10:45 Beading Activity 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Anagrams 3:00 Dessert & Coffee Social 3:30 Prize BINGO! and Sampling 6:00 Moonlight Movie</p>	<p>20 Cheese Lover's Day</p> <p>8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Beading Activity 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Anagrams 3:00 Dessert & Coffee Social 3:30 Prize BINGO! and Sampling 6:00 Moonlight Movie</p>
21	<p>22</p> <p>8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Balloon Volleyball 2:00 Tai Chi Made Easy 3:00 Dessert & Coffee Social 3:30 Reminiscing Circle 6:00 Moonlight Movie</p>	<p>23</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Pamper Me Lovely "Spa" 12:00 Lunch 1:00 Balloon Badminton 1:30 Large Card Trivia 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Bingo Fun/ or Music with Jeffry 6:00 Moonlight Movie</p>	<p>24 Peanut Butter Day</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Bus Trip: Mamma Kat's Restaurant 10:30 Walkers Club 10:45 Word Scramblers 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 <i>Leave it to Beaver</i> 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Peanut Butter Bars 6:00 Moonlight Movie</p>	<p>25</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Hangman Challenge 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 <i>Leave it to Beaver</i> 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</p>	<p>26</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Town Stroll with Natasha 10:30 Scenic Van Trip 10:45 Brain Games 12:00 Lunch 1:00 Fun with Horseshoes 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Walk to Frozen Yogurt Shop or Sing Along with Instruments 6:00 Moonlight Movie</p>	<p>27</p> <p>8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 More Clue Trivia 12:00 Lunch 1:00 Fun with Horseshoes 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Walk to Frozen Yogurt Shop or Sing Along with Instruments 6:00 Moonlight Movie</p>
28	<p>29</p> <p>8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns and Readings 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 <i>Sentimental Reflections</i> 3:00 Dessert & Coffee Social 3:30 Animal Facts and Fun 6:00 Moonlight Movie</p>	<p>30</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 9:30 Intergenerational Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 White Board Games 12:00 Ladies Lunch with Carmen 1:15 Birthday Party with Almarion! 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 In the Kitchen with Chef Art 6:00 Moonlight Movie</p>	<p>31</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Bus Trip: Encinitas Beaches and Library 10:30 Walkers Club 10:45 Word Scramblers 12:00 Lunch 1:00 Bowling Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 In the Kitchen with Chef Art 6:00 Moonlight Movie</p>	<p>MARTIN LUTHER KING DAY</p> <p>I have a dream</p>	<p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>32</p> <p>33</p> <p>34</p>

Activities subject to change without notice.