



ActivCare at Bressi Ranch

October 2017



ActivCare Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

October 6

Oktoberfest Party

October 9

Columbus Day

October 28

Halloween Party

October 31

Happy Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 International Coffee Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 History of Coffee and Flavored Coffee Tasting 3:00 Dessert & Coffee Social 3:30 Crafting: Pumpkin Garland 6:00 Moonlight Movie	2 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 Love on Leash Dog Therapy 12:00 Lunch 1:00 Balloon Badminton 2:00 You Be the Judge 3:00 Dessert & Coffee Social 3:30 Resident in the Spotlight with Kyle 6:00 Moonlight Movie	3 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Visit with Pacific Ridge Students 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 Finish the Phrase Game 3:00 Dessert & Coffee Social 3:30 Travelogue Club: Florida 6:00 Moonlight Movie	4 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Scenic Bus Trip 10:45 Pictionary 12:00 Lunch 1:00 Bat the Balloon 2:00 Sing Along with Instruments 3:00 Dessert & Coffee Social 3:30 Biography Club: Hank Aaron 6:00 Moonlight Movie	5 Full Moon 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 Indoor Bowling 1:30 Ladies Red Hat Club 2:00 Large Card Trivia 3:00 Dessert & Coffee Social 3:30 Cooking for the Senses: Pumpkin Rolls 6:00 Moonlight Movie	6 Oktoberfest Celebration 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 Scenic Bus Trip 10:45 Anagrams 12:00 Lunch 1:00 Balloon Volleyball 2:00 It's OK to Be Smart Trivia 3:00 Dessert & Coffee Social 3:30 Oktoberfest Party Music with Kerry and Ellie 6:00 Moonlight Movie	7 Making a Difference Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <i>Is That Your Final Answer?</i> 12:00 Lunch 1:00 Badminton Fun 2:00 Unlock the Memories 3:00 Dessert & Coffee Social 3:30 Crafting Harvest Wreaths with Mira Costa Students 6:00 Moonlight Movie
8 8:30 Today's Current Events 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bean Bag Toss Competition 2:00 Lawrence Welk 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie	9 Columbus Day 8:30 Local News 9:00 Chair Yoga with Carmen 9:40 Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bocce Ball 2:00 Christopher Columbus Trivia 3:00 Dessert & Coffee Social 3:30 Poetry/Writer's Club 6:00 Moonlight Movie	10 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Soccer Circle 12:00 Lunch 1:00 "Basketball" Competition 2:00 Finish the Song Title 3:00 Dessert & Coffee Social 3:30 Music with Vicky Jans 6:00 Moonlight Movie	11 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Bus Trip: Pumpkin Patch 10:45 Hangman Challenge 12:00 Lunch 1:00 Bowling Fun 2:00 Afternoon Yoga 3:00 Dessert & Coffee Social 3:30 Biography Club: Annette Kellerman 6:00 Moonlight Movie	12 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 Balloon Volleyball 2:00 <i>Chicken Soup for the Soul</i> 3:00 Dessert & Coffee Social 3:30 Still Art Project: Gourds 6:00 Moonlight Movie	13 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 Scenic Bus Trip 10:45 White Board Games 12:00 Lunch 1:00 Talk & Toss Trivia Ball 2:00 Name the State Game 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	14 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 White Board Brain Games 12:00 Lunch 1:00 Balloon Badminton 2:00 Scenic Cruises of the World 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Moonlight Movie
15 I Love Lucy Day 8:30 Today's Current Events 9:00 Sittercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Balloon Volleyball 2:00 <i>I Love Lucy</i> Comedy 3:00 Dessert & Coffee Social 3:30 Lucille Ball Biography and Fun Facts 6:00 Moonlight Movie	16 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 Love on Leash Dog Therapy 12:00 Lunch 1:00 Entertainment: Musiestation! 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Biography Club: Alexander Calder 6:00 Moonlight Movie	17 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Pamper Me Lovely "Spa" 12:00 Lunch 1:00 Balloon Badminton 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Patriotic Club 6:00 Moonlight Movie	18 Alaska Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:00 Scenic Bus Trip 10:30 Walkers Club 10:45 Large Card Trivia 12:00 Lunch 1:00 Indoor Horseshoes 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Travelogue Club: Alaska 6:00 Moonlight Movie	19 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Flower Arranging Club 12:00 Lunch 1:00 Joy of Watercolor with Peggy 1:00 Parachute Activity 2:00 Reminiscent Circle 3:00 Dessert & Coffee Social 3:30 Crafting: Paper Bag Pumpkins 6:00 Moonlight Movie	20 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 Scenic Bus Trip 10:45 Brain Games 12:00 Lunch 1:00 Velcro Catch 2:00 Large Card Trivia 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	21 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Anagrams 12:00 Lunch 1:00 Bowling Challenge 2:00 Personality Color Game 3:00 Dessert & Coffee Social 3:30 Working with Clay 6:00 Moonlight Movie
22 National Nut 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 and Readings 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 Harvest Sensory Basket 3:00 Dessert & Coffee Social 3:30 Cooking for the Senses: Spiced Nuts 6:00 Moonlight Movie	23 8:30 Local News 9:00 Chair Yoga with Carmen 9:40 Visit with Pacific Ridge Students 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 The Story of Inventions 3:00 Dessert & Coffee Social 3:30 Popcorn and Trivia 6:00 Moonlight Movie	24 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 Balloon Badminton 2:00 Chip Chaudin' Game 2:00 Unlock the Memories: 1950 3:00 Dessert & Coffee Social 3:30 Music with Joanna 6:00 Moonlight Movie	25 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:00 Scenic Bus Trip 10:30 Walker's Club 10:45 <i>It's OK to Be Smart</i> Trivia 12:00 Lunch 1:00 Chip Chaudin' Game 2:00 Unlock the Memories: 1950 3:00 Dessert & Coffee Social 3:30 Travelogue Club: Missouri 6:00 Moonlight Movie	26 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 Bat the Balloon Game 1:30 Ladies' Red Hat Club 2:00 Pat Boone's America 3:00 Dessert & Coffee Social 3:45 Biography Club: Mahalia Jackson 6:00 Moonlight Movie	27 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 Scenic Bus 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	28 Halloween Party 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Hangman Challenge 12:00 Lunch 1:00 Halloween Party! 3:00 Dessert & Coffee Social 3:30 Trivia Fun 6:00 Moonlight Movie
29 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Spiritual Hymns and Readings 12:00 Lunch 1:00 Balloon Volleyball 2:00 Halloween Stories 3:00 Dessert & Coffee Social 3:30 Halloween Craft 6:00 Moonlight Movie	30 Candy Corn 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 2:00 Cooking for the Senses: Candy Corn Snack Mix 3:00 Dessert & Coffee Social 3:30 Biography Club: John Adams 6:00 Moonlight Movie	31 Happy Halloween! 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Decorating Halloween Cookies 12:00 Lunch 1:00 Balloon Badminton 1:30 Halloween Music with Almaria! 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Halloween Games 6:00 Moonlight Movie				

Activities subject to change without notice.