



# 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



# ActivCare at Bressi Ranch

# October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 International Coffee Day</b> 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 <b>Crafting: Pumpkin Garland</b> 6:00 Moonlight Movie	<b>2</b> 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 <b>Love on Leash</b> Dog Therapy 12:00 Lunch 1:00 Balloon Badminton 2:00 You're the Judge 3:00 Dessert & Coffee Social 3:30 <b>Resident in the Spotlight with Kylie</b> 6:00 Moonlight Movie	<b>3</b> 8:30 Today's News 9:00 Body in Motion Exercise 9:45 <b>Visit with Pacific Ridge Students</b> 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	<b>4</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 <b>Scenic Bus Trip</b> 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	<b>5 Full Moon</b> 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 <b>Ladies Red Hat Club</b> 2:00 Large Card Trivia 3:00 Dessert & Coffee Social 3:30 <b>Cooking for the Senses: Pumpkin Rolls</b> 6:00 Moonlight Movie	<b>6 Oktoberfest Celebration</b> 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 <b>Scenic Bus Trip</b> 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 <b>Oktoberfest Party Music with Kerry and Ellie</b> 6:00 Moonlight Movie	<b>7 Making a Difference Day</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Is That Your Final Answer? 12:00 Lunch 1:00 Badminton Fun 2:00 Unlock the Memories 3:00 Dessert & Coffee Social 3:30 <b>Crafting Harvest Wreaths with Mira Costa Students</b> 6:00 Moonlight Movie
<b>8</b> 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 Weik 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie	<b>9 Columbus Day</b> 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 <b>Visit with Pacific Ridge Students</b> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 *Holy Communion 10:30 <b>Love on Leash</b> Dog Therapy 12:00 Lunch 1:00 Balloon Volleyball 2:00 Christopher Columbus Trivia 3:00 Dessert & Coffee Social 3:30 Poetry/ Writer's Club 6:00 Moonlight Movie	<b>10</b> 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 <b>Music with Vicki Jans</b> 6:00 Moonlight Movie	<b>11</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 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	<b>12</b> 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 <b>Chicken Soup for the Soul</b> 3:00 Dessert & Coffee Social 3:30 Still Art Project: Gourds 6:00 Moonlight Movie	<b>13</b> 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 <b>Scenic Bus Trip</b> 10:45 White Board Games 12:00 Lunch 1:00 Balloon Badminton 2:00 Scenic Cruises of the World 3:00 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>14</b> 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 Bowling Challenge 2:00 Personality Color Game 3:00 Dessert & Coffee Social 3:30 Working with Clay 6:00 Moonlight Movie
<b>15 I Love Lucy Day</b> 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 Love Lucy Comedy 3:00 Dessert & Coffee Social 3:30 Lucille Ball Biography and Fun Facts 6:00 Moonlight Movie	<b>16</b> 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 <b>Love on Leash</b> Dog Therapy 12:00 Lunch 1:00 <b>Entertainment: Musicstation!</b> 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Biography Club: Alexander Calder 6:00 Moonlight Movie	<b>17</b> 8:30 Today's News 9:00 Body in Motion Exercise 9:45 <b>Visit with Pacific Ridge Students</b> 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	<b>18 Alaska Day</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 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	<b>19</b> 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 Parbute Activity 2:00 Reminiscing Circle 3:00 Dessert & Coffee Social 3:30 <b>Crafting: Paper Bag Pumpkins</b> 6:00 Moonlight Movie	<b>20</b> 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 <b>Scenic Bus Trip</b> 10:45 Brain Games 12:00 Lunch 1:00 Bowling Challenge 2:00 Personality Color Game 3:00 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>21</b> 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
<b>22 National Nut Day</b> 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 <b>Cooking for the Senses: Spiced Nuts</b> 6:00 Moonlight Movie	<b>23</b> 8:30 Local News 9:00 Chair Yoga with Carmen 9:40 <b>Visit with Pacific Ridge Students</b> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 *Holy Communion 10:30 <b>Love on Leash</b> Dog Therapy 12:00 Lunch 1:00 Storytelling 2:00 The Story of Inventions 3:00 Dessert & Coffee Social 3:30 Popcorn and Trivia 6:00 Moonlight Movie	<b>24</b> 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 Animal Facts and Trivia 3:00 Dessert & Coffee Social 3:30 <b>Music with Joanna</b> 6:00 Moonlight Movie	<b>25</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Flower Arranging Club 12:00 Lunch 1:00 It's Ok to Be Smart Trivia 1:00 Chip Chickin' Game 2:00 Unlock the Memories: 1950 3:00 Dessert & Coffee Social 3:30 Travelogue Club: Missouri 6:00 Moonlight Movie	<b>26</b> 8:30 CNN 9:00 Chair Exercises 10:00 Fruit and Coffee Social 10:30 Walker's Club/Town Walk with Natasha 10:30 <b>Scenic Bus Trip</b> 10:45 Name 5 Game 12:00 Lunch 1:00 Bat the Balloon Game 1:30 <b>Ladies Red Hat Club</b> 2:00 Pat Boone's America 3:00 Dessert & Coffee Social 3:45 Biography Club: Mahalia Jackson 6:00 Moonlight Movie	<b>27</b> 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 <b>Scenic Bus Trip</b> 10:45 Name 5 Game 12:00 Lunch 1:00 Indoor "Basketball" 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>28 Halloween Party</b> 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 <b>Halloween Party!</b> 2:00 Neighborhood Sing Along 3:00 Trivia Fun 6:00 Moonlight Movie
<b>29</b> 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 <b>Halloween Stories</b> 3:00 Dessert & Coffee Social 3:30 <b>Halloween Craft</b> 6:00 Moonlight Movie	<b>30 Candy Corn Day</b> 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 <b>Love on Leash</b> Dog Therapy 12:00 Lunch 1:00 <b>Cooking for the Senses: Candy Corn Snack Mix</b> 2:00 <b>Decorating Halloween Cookies</b> 3:00 Dessert & Coffee Social 3:30 Biography Club: John Adams 6:00 Moonlight Movie	<b>31 Happy Halloween!</b> 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 <b>Decorating Halloween Cookies</b> 12:00 Lunch 1:00 Balloon Badminton 1:30 <b>Halloween Music with Almarlo!</b> 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 <b>Halloween Games</b> 6:00 Moonlight Movie	  			

Activities subject to change without notice.