



ActivCare at Bressi Ranch

May 2018



ActivCare Daily Activities

What's News
Music That Matters
Exercise in Motion
Think It - Say It
Neighborhood Walks
Creative Arts

Special Events




May 5
Cinco de Mayo

May 13
Mother's Day

May 13
Nat'l Chocolate Chip Day

May 28
Memorial Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Daily:</i> 10:00 Fruit and Coffee Social 12:00 Lunch 3:00 Dessert and Coffee Social 5:00 Dinner	1 May Day/Mother Goose Day 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Intergenerational Visit With Pacific Ridge Students 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 Crafting: May Poles 1:00 Bean Bag Toss Challenge 1:30 Parachute Activity 2:00 Remembering Mother Goose 3:30 Prize BINGO 6:00 Moonlight Movie	2 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walker's Club 10:30 Scenic Bus Ride: Harmony Grove 10:45 Colored Pencil Relaxation 1:00 Bat The Balloon Game 1:30 Indoor Horseshoes 1:00 Field Trip: Stories Shakespeare Stole (Oceanside Library) 2:00 Finish The Sentence Game 3:30 Crafting: Cinco de Mayo Shakers 6:00 Moonlight Movie	3 Travelogue Club 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 Flower Arranging Club 1:00 Bowling Challenge 1:30 Toss and Talk Trivia Ball 2:00 Sing Along With Instruments 3:30 Travelogue Club: Sights and Tastes of INDIA 6:00 Moonlight Movie	4 8:30 Morning News 9:00 Joints in Motion 10:30 Cinco De Mayo Celebration! 10:45 White Board Games 1:00 Balloon Badminton 1:00 Afternoon Van Trip 1:30 Tic Tac Toe Toss 2:00 National Geographic Special 3:30 Prize BINGO 6:00 Moonlight Movie	5 Cinco de Mayo/ Kentucky Derby 8:30 Today in History 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:45 Mint Juleps and Derby Trivia Fun 1:00 Indoor Bocce Ball Game 1:30 Movement Made Simple 2:00 Name 5 Game 3:30 Biography Club 6:00 Moonlight Movie
6 Thank A Nurse Day 8:30 Today's Current Events 9:00 Get Fit With Glenna 10:30 Walker's Club 10:45 Spiritual Hymns and Readings 1:00 Bowling Fun 1:30 Basketball Toss 2:00 Sports and Snacks (Bressi Club) 2:00 Fresh Air & Trivia Fun in The Gazebo 3:30 Writer's Club With Glenna-Thank You Letters to our Nurses 6:00 Moonlight Movie	7 8:30 Local News 9:00 Chair Yoga With Carmen 9:45 Intergenerational Visit With Pacific Ridge Students 10:30 Walker's Club 10:30 Holy Communion 10:30 Love On A Leash Dog Therapy 11:00 Animal Study 1:00 Entertainment With -Music station! 2:00 Chicken Soup For The Soul 3:30 Bingo For Candy 6:00 Moonlight Movie	8 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 Hangman Challenge 1:00 Bean Bag Toss Challenge 1:30 Basketball Toss 2:00 Bressi Choir Practice 3:30 Prize BINGO 6:00 Moonlight Movie	9 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walker's Club 10:30 Scenic Bus Ride: Oceanside Harbor 10:45 Name 10 Game 1:00 Chip Chuckin' Game 1:00 Field Trip: Green Dragon Tavern and Museum 1:30 Balloon Badminton 2:00 Sentimental Reflections 3:30 Name The State Game 6:00 Moonlight Movie	10 Red Hat Club 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 Flower Arranging Club 1:00 Indoor Bowling 1:30 Balloon Toss Challenge 1:30 Red Hat Club 2:00 Sing Along 3:30 In The Kitchen With Carmen: Ambrosia Salad 6:00 Moonlight Movie	11 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club/ Scenic Van Trip 10:45 White Board Games 1:00 Balloon Volleyball 1:30 Toss and Talk Trivia Ball 2:00 Is That Your Final Answer? 3:30 Prize BINGO! 6:00 Moonlight Movie	12 Limerick Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:45 Fun With Limericks 1:00 Parachute Activity 1:30 Bean Bag Toss 2:00 Ozzie and Harriet Comedy 3:30 Crafting: Mosaics 6:00 Moonlight Movie
13 Mother's Day 8:30 Today's Current Events 9:00 Stretch With Glenna 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 1:00 Balloon Badminton 2:00 Sports and Snacks (Bressi Club) 2:00 Chicken Soup For The Mother's Soul 3:00 Mother's Day High Tea Violinist Virginia Green 4:00 Sing Along 6:00 Moonlight Movie	14 8:30 Local News 9:00 Chair Yoga With Carmen 10:30 Walker's Club 10:30 Holy Communion 10:30 Love On A Leash Dog Therapy 11:00 Animal Study 1:00 Bocce Ball 1:30 History Club 3:30 Bingo For Candy 6:00 Moonlight Movie	15 Chocolate Chip Day 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Intergenerational Visit With Pacific Ridge Students 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 Baking Club: Chocolate Chip Cookies 1:00 Chip Chuckin' Game 1:30 Velcro Catch 2:00 Bressi Choir Practice 3:30 Prize BINGO 6:00 Moonlight Movie	16 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walker's Club 10:30 Scenic Bus Ride: Rancho Santa Fe 10:45 Pictionary Challenge 1:00 Movement Made Easy 1:00 Field Trip: Meditation Gardens 1:30 Toss and Talk Trivia Ball 2:00 Explorations 3:30 Colored Pencil Relaxation or Garden Care and Stroll 6:00 Moonlight Movie	17 Water Coloring With Peggy 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:30 Popcorn Trip and Movie Star Trivia Fun 1:00 Joy of Watercolor With Peggy 1:00 Bean Bag Toss Challenge 1:30 Circle Kickball 2:00 Unlock The Memories: 1940's 3:30 Resident in The Spotlight 6:00 Moonlight Movie	18 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club/Scenic Bus Trip 10:45 White Board Games 1:00 Tic Tac Toe Toss 1:00 Scenic Bus Trip 1:30 Pictionary Fun 2:00 I Love Lucy Comedy 3:30 Prize BINGO! 6:00 Moonlight Movie	19 Armed Forces Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:45 Crafting: Painting Our Flag 1:00 Bean Bag Toss Game 1:30 Parachute Activity 2:00 To America With Love - Lawrence Walk 3:30 In The Kitchen: Root Beer Floats and US Trivia 6:00 Moonlight Movie
20 8:30 Today's Current Events 9:00 Get Fit With Glenna 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 1:00 Balloon Volleyball 1:30 Afternoon Pilates 2:00 Sports and Snacks (Bressi Club) 2:00 Grandparent Talk 3:30 Watercolor Class 6:00 Moonlight Movie	21 Special Music 8:30 Local News 9:00 Chair Yoga With Carmen 10:30 Walker's Club 10:30 Holy Communion 10:30 Love On A Leash Dog Therapy 11:00 Animal Study 1:00 Bean Bag Toss Challenge 1:30 Music With Sonny Meyer 3:30 Bingo For Candy 6:00 Moonlight Movie	22 Bingo 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walker's Club 10:30 Shoulder Massages w/ Les 10:45 In The Kitchen With Chef Art 1:00 Balloon Badminton 1:30 Large Card Trivia 2:00 Afternoon Stretch 3:30 Prize BINGO 6:00 Moonlight Movie	23 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride: Moonlight Beach 10:45 Word Scramblers 1:00 Bowling Challenge 1:00 Miramar Aviation Museum 1:30 Garden Watering and Stroll 3:30 Beading Activity 6:00 Moonlight Movie	24 Lunch With Carmen 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 Shoulder Massages w/ Les 10:45 Hangman Challenge 12:00 Lunch Bunch With Carmen 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 Reminiscing through The Decades: 1950's	25 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club/Scenic Van Trip 10:45 Brain Games 1:00 Balloon Badminton 1:30 Finish The Phrase 2:00 Chicken Soup For The Soul 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	26 John Wayne's Birthday 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:45 John Wayne Trivia 1:00 Fun With Horseshoes 1:30 Velcro Catch 2:00 White Board Brain Games 3:30 Prize BINGO! 6:00 Moonlight Movie: John Wayne
27 8:30 Today's Current Events 9:00 Stretch With Glenna 10:30 Walkers Club 11:00 Spiritual Hymns and Readings 1:00 Bean Bag Toss Challenge 1:30 Is that Your Final Answer? 2:00 Sports and Snacks (Bressi Club) 2:00 Sentimental Reflections 3:30 Fun With Clay 6:00 Moonlight Movie	28 Memorial Day 8:30 Local News 9:00 Chair Yoga With Carmen 9:45 Courtyard Pledge of Allegiance 10:30 Walkers Club 10:30 Holy Communion 10:30 Love On A Leash Dog Therapy 11:00 Animal Study 12:00 Memorial Day BBQ 1:00 Bowling Fun 1:30 Balloon Badminton 2:00 Patriotic Sing Along 3:30 Bingo For Candy	29 Birthday Party 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Shoulder Massages w/ Les 10:45 Outdoor Gardening Club 1:00 Indoor Horseshoes 1:15 Birthday Party With-Almario 3:30 Prize BINGO 6:00 Moonlight Movie	30 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Bus Ride: Lake Hodges 10:45 Word Scramblers 1:00 Balloon Badminton 1:00 Field Trip: Oceanside Harbor Stroll and Snack 2:00 Finish The Sentence Game 3:30 Travelogue Club: Sights and Tastes of Greece 6:00 Moonlight Movie	31 Lunch With Anthony 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 Shoulder Massages w/ Les 10:45 Sing Along 12:00 Men's Lunch With Anthony 1:00 Indoor Bocce Ball 1:30 Bat The Balloon 2:00 Remember The Rhyme 3:30 Biography Club 6:00 Moonlight Movie		

Activities are subject to change without notice.