



## ActivCare

### Daily Activities

**Neighborhood Walks**

**What's News**

**Music That Matters**

**Exercise in Motion**

**Think It - Say It**

**Creative Arts**

## Special Events

**April 1**

**April Fool's Day**

**April 16**

**Easter Sunday**

**April 22**

**Earth Day**

**April 25**

**Birthday Party**



# ActivCare at Bressi Ranch

# April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2 Nat'l PB &amp; J Day</b> 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Spiritual Hymns and Readings 12:00 Lunch 1:00 Bowling Fun 2:00 Armchair Pilates 3:00 Dessert & Coffee Social 3:30 <b>In the Kitchen:</b> PB&J Mini Sandwiches 6:00 Moonlight Movie	<b>3 Birthday of Jane Goodall</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 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 <b>Biography Club: Jane Goodall</b> 6:00 Moonlight Movie	<b>4</b> 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Brain Games 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 <b>Chicken Soup for the Soul</b> 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	<b>5</b> 8:30 Good Morning America 9:00 Light 'N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 10 Game 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 Interactive Trivia 3:00 Dessert & Coffee Social 3:30 Fun with Clay 6:00 Moonlight Movie	<b>6 Birthday of Twinkies</b> 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>Twinkie Trivia and Tasting</b> 12:00 Lunch 1:00 Indoor Bowling 1:30 <b>Red Hat Club</b> 2:00 Sing Along with Instruments 3:00 Dessert and Coffee Social 3:30 Flower Arranging 6:00 Moonlight Movie	<b>7</b> 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club/ <b>Scenic Bus Trip</b> 10:45 Anagrams 12:00 Lunch 1:00 Bat the Balloon Game 2:00 <b>Is that Your Final Answer?</b> 3:00 Sing Along with Instruments 3:30 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>1 April Fool's Day</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Chip Chucking Game 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 <b>April Fool's Day Jokes</b> 3:00 Dessert & Coffee Social 3:30 <b>Crafting: Umbrella Door Decorations</b> 6:00 Moonlight Movie
<b>9 Winston Churchill 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 Balloon Badminton 2:00 Sensory Stimulation Activity 3:00 Dessert and Coffee Social 3:30 Discussion Group: Winston Churchill 6:00 Moonlight Movie	<b>10</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>Hangman Challenge</b> 2:00 Humorous Poetry 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	<b>11</b> 8:30 Today's News 9:00 Body in Motion Exercise 9:45 <b>Intergenerational Visit with Pacific Ridge Students</b> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>History of Licorice and Samples</b> 12:00 Lunch 1:00 <b>Basketball</b> Competition 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 <b>In the Kitchen:</b> "Gold Hamburger" Cookies 6:00 Moonlight Movie	<b>12 Licorice Day</b> 8:30 Good Morning America 9:00 Light 'N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>History of Licorice and Samples</b> 12:00 Lunch 1:00 <b>Memory Match</b> 2:00 <b>Word Teasers</b> 3:00 Dessert & Coffee Social 3:30 <b>Biography Club</b> 6:00 Moonlight Movie	<b>13</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 <b>Affectionate Stretch</b> 1:30 <b>Music with Steve Reid</b> 3:00 Dessert & Coffee Social 3:30 <b>History Club</b> 6:00 Moonlight Movie	<b>14 Good Friday</b> 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <b>Scenic Bus Trip</b> 10:45 White Board Games 12:00 Lunch 1:00 Indoor Bowling 2:00 Spiritual Sing Along 3:00 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>15 Titanic Remembrance Day</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>History Club: The Titanic</b> 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Documentary: Titanic 3:00 Dessert & Coffee Social 3:30 <b>Making Easter Centerpieces</b> 6:00 Moonlight Movie
<b>16 Easter Sunday</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 <b>Easter Lunch</b> 1:00 Bat the Balloon 1:30 <b>Coloring Easter Eggs</b> 3:00 Dessert & Coffee Social 3:30 <b>Music with Robert Hardaway</b> 6:00 Moonlight Movie	<b>17</b> 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 <b>Intergenerational 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 Bean Bag Toss Challenge 2:00 Guess Who I Am? 3:00 Dessert and Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	<b>18</b> 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 Sing Along 1:30 <b>Red Hat Club</b> 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	<b>19</b> 8:30 Good Morning America 9:00 Light 'N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Word Scramblers 12:00 Lunch 1:00 <b>Bowling Challenge</b> 1:30 <b>Dancing Performance</b> 2:00 Indoor Horseshoes 3:00 Dessert & Coffee Social 3:30 Patriotic Club 6:00 Moonlight Movie	<b>20</b> 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Name the State Game 12:00 Lunch 1:00 <b>Joy of Watercolor with Peggy</b> 1:30 <b>Dancing Performance</b> 2:00 Indoor Horseshoes 3:00 Dessert & Coffee Social 3:30 Reminiscing Club 6:00 Moonlight Movie	<b>21</b> 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <b>Scenic Bus Trip</b> 10:45 Brain Games 12:00 Lunch 1:00 Horseshoe Competition 2:00 Discussion: <b>Ways to Help our Planet</b> 3:00 Dessert & Coffee Social 3:30 <b>Earth Day Art</b> 6:00 Moonlight Movie	<b>22 Earth Day</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>History Club: The Titanic</b> 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Documentary: Titanic 3:00 Dessert & Coffee Social 3:30 <b>Making Easter Centerpieces</b> 6:00 Moonlight Movie
<b>23 Shirley Temple's Birthday</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 Bean Bag Toss Challenge 2:00 <b>Sentimental Reflections</b> 3:00 Dessert & Coffee Social 3:30 <b>Remembering Shirley Temple</b> 6:00 Moonlight Movie	<b>24</b> 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 <b>Intergenerational 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 Bowling Fun 2:00 <b>Sensory Stimulation Activity</b> 3:00 Dessert and Coffee Social 3:30 Poetry/Writer's Club 6:00 Moonlight Movie	<b>25 Birthday Party</b> 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 White Board Games 12:00 <b>Birthday Party with Almarlo!</b> 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	<b>26 Nat'l Pretzel Day</b> 8:30 Good Morning America 9:00 Light 'N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 <b>Pretzel History and Tasting</b> 12:00 <b>Ladies Lunch with Carmen</b> 1:00 Bowing Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 History Club 6:00 Moonlight Movie	<b>27 Safari Express Visit!</b> 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club/ <b>Scenic Bus Trip</b> 10:45 It's Ok to be Smart Trivia 12:00 Lunch 1:00 <b>Basket Toss Game</b> 1:30 <b>Safari Express!</b> 2:00 Sing Along with Pat Boone 3:00 Dessert & Coffee Social 3:30 <b>Prize BINGO!</b> 6:00 Moonlight Movie	<b>28</b> 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Trivia Fun with Glenna 12:00 Lunch 1:00 <b>Basket Toss Game</b> 2:00 Pamper Me Nail Care 3:00 Dessert & Coffee Social 3:30 <b>In the Kitchen:</b> Fresh Herb Guacamole 6:00 Moonlight Movie	<b>29</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <b>Scenic Bus Trip</b> 12:00 Lunch 1:00 <b>Shadowridge Duck Pond</b> 1:30 <b>Del Mar / Solana Beach</b> 1:45 <b>Moonglow Beach</b> 2:00 <b>Oceanside Harbor / Pier</b> 2:30 <b>Lake San Marcos</b> 2:45 <b>Leo Carrillo Ranch</b> 3:00 <b>Double Peak Hill</b> 3:15 <b>Vista Village</b>
<b>30</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 Bean Bag Toss Challenge 2:00 Word Teasers: Funny Sayings 3:00 Dessert & Coffee Social 3:30 Grandparent Talk: Discussion 6:00 Moonlight Movie	<b>Intergenerational Programs</b> <b>Pacific Ridge School Visit</b> Mon or Tues. 9:45 am to 10:30 am Unless otherwise noted.					<b>Friday's Scenic Bus Rides</b> 10:30 am or 1:15 pm Shadowridge Duck Pond Del Mar / Solana Beach Moonglow Beach Oceanside Harbor / Pier Lake San Marcos Leo Carrillo Ranch Double Peak Hill Vista Village

Activities subject to change without notice.