



ActivCare Daily Activities

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

Special Events

February 2
Groundhog Day

February 13
Mardi Gras

February 14
Valentine's Day

February 19
President's Day

February 27
Birthday Party



ActivCare at Bressi Ranch February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 The Super Bowl 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 Bat the Balloon Game 2:00 Scrapbooking 3:00 Dessert & Coffee Social 3:30 Super Bowl Party 6:00 The Super Bowl	5 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 Intergenerational 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 Entertainment: Musicstation! 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Resident in the Spotlight 6:00 Moonlight Movie	6 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Craft: Greeting Cards 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 <i>Chicken Soup for the Soul</i> 3:00 Dessert & Coffee Social 3:30 Bingo Fun 6:00 Moonlight Movie	7 Send a Card Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Bus Trip: Vista Views 10:30 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 10 Game 12:00 Lunch 1:00 Balloon Volleyball 1:00 Bus Trip: Mission San Louis Rey 2:00 Interactive Trivia 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Moonlight Movie	8 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Flower Arranging Club 12:00 Lunch 1:00 Indoor Bowling 1:30 Red Hat Club 2:00 Lawrence Weik 3:00 Dessert and Coffee Social 3:30 Reminiscing Group 6:00 Moonlight Movie	9 Groundhog Day 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town walk with Natasha Scenic Van Trip 10:45 Groundhog Day Fun 12:00 Lunch 1:00 Balloon Volleyball 1:00 Scenic Van Trip 2:00 Neighborhood Sing Along 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	10 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Brain Games 12:00 Lunch 1:00 Chip Chuckin' Game 2:00 <i>How I Met My Spouse</i> 3:00 Dessert and Coffee Social 3:30 Valentine's Day Craft 6:00 Moonlight Movie
11 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 Parachute Activity 2:00 <i>Finish the Phrase</i> or Gardening and Stroll 3:00 Dessert and Coffee Social 3:30 Poetry and Writer's Club 6:00 Moonlight Movie	12 Lincoln's Birthday 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 Bocce Ball 2:00 Timeless Trivia 3:00 Dessert & Coffee Social 3:30 Biography Club: Abraham Lincoln 6:00 Moonlight Movie	13 Mardi Gras 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Intergenerational Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Making Valentines 12:00 Lunch 1:00 "Basketball" Competition 2:00 Famous Couples Game 3:00 Dessert and Coffee Social 3:30 Mardi Gras Party with Phill 6:00 Moonlight Movie	14 Valentine's Day Ash Wednesday 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Flower Arranging Club 12:00 Lunch 1:00 Large Ball Catch and Stretch 1:00 Joy of Watercolor with Peggy 2:00 <i>Sentimental Reflections</i> 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	15 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Flower Arranging Club 12:00 Lunch 1:00 Large Ball Catch and Stretch 1:00 Joy of Watercolor with Peggy 2:00 <i>Sentimental Reflections</i> 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	16 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town walk with Natasha Scenic Bus Trip 10:45 White Board Games 12:00 Lunch 1:00 Tic Tac Toe Toss 1:00 Scenic Bus Trip 2:00 Pictionary 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	17 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <i>Name the State Game</i> 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Garden Watering and Stroll 3:00 Dessert & Coffee Social 3:30 Afternoon Stretch 6:00 Moonlight Movie
18 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 Volleyball 2:00 Tai Chi Made Easy 3:00 Dessert & Coffee Social 3:30 Magazine Search 6:00 Moonlight Movie	19 Presidents' Day 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 Bean Bag Toss Challenge 2:00 Armchair Pilates 3:00 Dessert and Coffee Social 3:30 Discussion Group: Presidents 6:00 Moonlight Movie	20 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Pamper Me Lovely "Spa" 12:00 Lunch 1:00 Indoor Bocce Ball 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Music with John Quinones 6:00 Moonlight Movie	21 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Bus Trip: Country Drive to Rancho Santa Fe 10:30 Walkers Club 10:45 Word Scramblers 1:00 Men's Lunch with Anthony 1:00 Bowling Challenge 1:00 Scenic Bus Trip: San Elijo Lagoon 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	22 Washington's Birthday 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Safari Express Animal Visit! 12:00 Lunch 1:00 Toss and Talk Trivia Ball Catch 1:30 Red Hat Club 2:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Biography Club: George Washington 6:00 Moonlight Movie	23 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/Town Walk with Natasha Scenic Van Trip 10:45 Brain Games 12:00 Lunch 1:00 Timeless Trivia 1:00 Balloon Badminton 1:00 Scenic Van Trip 2:00 <i>That's Entertainment</i> 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	24 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 <i>You Be the Judge</i> 12:00 Lunch 1:00 Fishing Game 2:00 Timeless Trivia 3:00 Dessert & Coffee Social 3:30 Beading Activity 6:00 Moonlight Movie
25 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 Animal Facts and Fun 3:00 Dessert & Coffee Social 3:30 Watercolor Enjoyment 6:00 Moonlight Movie	26 Tell A Fairy Tale 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 1:00 Bowling Fun 2:00 Colored Pencil Relaxation 3:00 Dessert and Coffee Social 3:30 Fairy Tales 6:00 Moonlight Movie	27 Birthday Party 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Shoulder Massages with Les 10:45 Sensory Stimulation Activity 12:00 Lunch with Carmen 1:15 Birthday Party with Almaria! 3:00 Dessert & Coffee Social 3:30 Bingo Fun 6:00 Moonlight Movie	28 Purim Begins 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Trip: San Elijo Hills 10:30 Walkers Club 10:45 Word Scramblers 12:00 Lunch 1:00 Bowling Challenge 1:00 Bus Trip: Out to the Movies 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie			

Activities are subject to change without notice.