



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 10:45 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 Chicken Soup for the Soul 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 10:00 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 Horseshoes 2:00 Unlock the Memories: 1950's 3:00 Dessert and Coffee Social 3:30 In the Kitchen with Chef Art 6:00 Moonlight Movie	9 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and 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	3 8:30 Today in History 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Common Sayings Challenge 12:00 Lunch 1:00 Bean Bag Toss 2:00 <i>Ozzie and Harriet</i> Comedy 3:00 Dessert & Coffee Social 3:30 Valentine's Day Craft 6:00 Moonlight Movie
11	12 Lincoln's Birthday 8:30 Local News 9:00 Chair Yoga with Carmen 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	13 Mardi Gras 8:30 Today's News 9:00 Body in Motion Exercise 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 Phil 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 10:15 Music with the Singing Seniors 10:30 Walker's Club 10:45 Pictionary Challenge 12:00 Lunch 1:00 Scenic Bus Trip: Moonlight Beach 2:00 Hangman Challenge 3:00 Valentine's Day Tea 3:30 <i>I Love Lucy</i> 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 Sentimental Reflections 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 Tie 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	19 Presidents' 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 Balloon Volleyball 2:00 Tai Chi Made Easy 3:00 Dessert & Coffee Social 3:30 Magazine Search 6:00 Moonlight Movie	20 8:30 Today's News 9:00 Chair Yoga with Carmen 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 12:00 Men's Lunch with Anthony 1:00 Bowing Challenge 1:00 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 Walkers Club 10:30 Safari Express Animal Visit! 10:45 Word Scramblers 12:00 Men's Lunch with Anthony 1:00 Bowing Challenge 1:00 Bus Trip: San Elijo Lagoon 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Travelogue Club 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 Fishing Game 1:00 Balloon Badminton 1:00 Scenic Van Trip 2:00 <i>That's Entertainment</i> 3:00 Dessert & Coffee Social 3:30 Reading Activity 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>The Judge</i> 12:00 Lunch 1:00 Timeless Trivia 2:00 Dessert & Coffee Social 3:00 Afternoon Stretch 6:00 Moonlight Movie
25	26 Tell A Fairy Tale 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 Bean Bag Toss Challenge 2:00 Animal Facts and Fun 3:00 Dessert & Coffee Social 3:30 Watercolor Enjoyment 6:00 Moonlight Movie	27 Birthday Party 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 with Carmen 1:15 Birthday Party with Almarion! 1:00 Bowling Fun 2:00 Colored Pencil Relaxation 3:00 Dessert and Coffee Social 3:30 Fairy Tales 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 with Carmen 1:15 Birthday Party with Almarion! 1:00 Bowling Fun 2:00 Colored Pencil Relaxation 3:00 Dessert and Coffee Social 3:30 Fairy Tales 6:00 Moonlight Movie			

Activities are subject to change without notice.