



ActivCare

## Daily Activities

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Neighborhood Walks

Creative Arts

## Special Events

February 7

Women's Club Lunch

February 14

Valentine's Day  
Sweetheart Dance

February 16

Chinese New Year

February 28

Birthday Celebration



# ActivCare at Mission Bay

# February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>4 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>5 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>6 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 <b>Scenic Bus Ride</b> 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>7 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Women's Club Luncheon 1:00 Word Teasers 2:00 <b>Special Music w/ Laura Flores</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>8 Love on a Leash</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 <b>Love on a Leash</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night	<b>9 Picnic Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 12:00 Picnic Bus Ride 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>10 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 <b>Catholic Communion</b> 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>Super Bowl Sunday</b>		<b>Bus Ride: Mt. Soledad</b>		<b>Senior Fitness Class</b>	<b>Groundhog Day</b>	
<b>11 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>12 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee social 3:30 Bingo 6:00 Movie Night	<b>13 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 <b>Scenic Bus Ride</b> 2:00 Musical instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>14 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Valentine's Day Lunch 1:00 3:00 Sweetheart Dance 3:30 <b>Valentine's Day Sweetheart Dance</b> 4:00 Word Teaser 6:00 Movie Night	<b>15 Pamper Me Lovely</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Walkers Club</b> 11:00 Arts & Crafts 1:00 <b>Pamper Me Lovely</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night	<b>16 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>17 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>18 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>19 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>20 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 <b>Scenic Bus Ride</b> 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>21 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 <b>Special Music w/ Myron Frame</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>22 Love on a Leash</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 <b>Love on a Leash</b> 2:00 <b>Cooking for the Senses</b> 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night	<b>23 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <b>Communion with Deacon Salvador</b> 6:00 Movie Night	<b>24 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>25 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>26 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>27 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:45 <b>Scenic Bus Ride</b> 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>28 Birthday Celebration</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Sing A Long 3:00 <b>Birthday Celebration</b> 3:30 Bingo 6:00 Movie Night			<p>We ❤️ Caregivers</p>

Activities are subject to change without notice.