



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
 <p>4 Sunday Service 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</p> <p>Super Bowl Sunday</p>	 <p>5 Bingo 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</p>	 <p>6 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night</p> <p>Bus Ride: Mt. Soledad</p>	 <p>7 Special Music 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 2:00 Special Music w/ Laura Flores 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night</p>	<p>1 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 Senior Fitness Class 1:00 Trivia 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Pamper Me Lovely 6:00 Movie Night</p> <p>Senior Fitness Class</p>	<p>2 Bingo 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</p> <p>Groundhog Day</p>	<p>3 Catholic Communion 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 Catholic Communion 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 Movie Night</p>
<p>11 Sunday Service 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</p>	<p>12 Bingo 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</p>	<p>13 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night</p> <p>Bus Ride: Balboa Park Mardi Gras</p>	<p>14 Special Music 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 to 3:00 Sweetheart Dance 3:30 Bingo 4:00 Word Teaser 6:00 Movie Night</p> <p>Valentine's Day Sweetheart Dance</p>	<p>15 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 Senior Fitness Class 1:00 Pamper Me Lovely 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night</p> <p>Senior Fitness Class</p>	<p>16 Bingo 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</p> <p>Chinese New Year Nat'l Caregiver Day</p>	<p>17 Catholic Communion 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 Communion with Deacon Salvador 6:00 Movie Night</p>
<p>18 Sunday Service 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</p>	<p>19 Bingo 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</p> <p>President's Day</p>	<p>20 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night</p> <p>Bus Ride: Downtown</p>	<p>21 Special Music 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 Special Music w/ Myron Frame 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night</p>	<p>22 Love on a Leash 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 Love on a Leash 2:00 Cooking for the Senses 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night</p> <p>Cooking for the Senses</p>	<p>23 Bingo 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</p>	<p>24 Catholic Communion 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 Communion with Deacon Salvador 6:00 Movie Night</p>
<p>25 Sunday Service 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</p>	<p>26 Bingo 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</p>	<p>27 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:45 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night</p> <p>Bus Ride: Sunset Cliffs</p>	<p>28 Birthday Celebration 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 Birthday Celebration 3:30 Bingo 6:00 Movie Night</p>	  <p>We ♥ Caregivers</p>		

Activities are subject to change without notice.