



ActivCare

Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

March 1

Ash Wednesday

March 17

St. Patrick's Day

March 20

Spring Begins

March 28

Birthday Party



ActivCare at Bressi Ranch

March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ash Wednesday 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Anagrams 12:00 Lunch 1:00 Bat the Balloon Game 2:00 Sing Along 3:00 Dessert & Coffee Social 3:30 You Be the Judge Discussion 6:00 Moonlight Movie	2 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 Bowling Challenge 2:00 Animal Facts and Trivia 3:00 Dessert and Coffee Social 3:30 History Club 6:00 Moonlight Movie	3 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club 10:45 White Board Games 12:00 Lunch 1:00 Large Bean Bag Toss 2:00 Pictionary 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	4 Hug a GI Day 8:30 Today in History 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Anagrams and Hangman 12:00 Lunch 1:00 Balloon Badminton 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Crafting: Shamrock Garland 6:00 Moonlight Movie
5 Personality Day 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 Fishing Game 2:00 Discussion: Personality Types 3:00 Dessert & Coffee Social 3:30 Creative Writing with Glenna 6:00 Moonlight Movie	6 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 Entertainment: Musicstation! 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	7 Monopoly Game Day 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Discussion: History of Monopoly 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Chicken Soup for the Soul 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	8 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Game of 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	9 Anniversary of Barbie 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Barbie Trivia and Memories 12:00 Lunch 1:00 Indoor Bowling 1:30 Red Hat Club 2:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Moonlight Movie	10 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 Toss and Talk Trivia Ball 12:00 Lunch 1:00 Balloon Volleyball 2:00 Is That Your Final Answer? 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	11 Johnny Appleseed Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 The Story of Johnny Appleseed 12:00 Lunch 1:00 Indoor Horseshoes 2:00 Leave It To Beaver Comedy 3:00 Dessert & Coffee Social 3:30 Painting: Apple Prints 6:00 Moonlight Movie
12 Plant a Flower Day 8:30 Today's Current Events 9:00 Chair Yoga with Carmen 9:45 Intergenerational Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bowling Fun 2:00 Timeless Trivia 3:00 Dessert and Coffee Social 3:30 Flower Pot Decorating 6:00 Moonlight Movie	13 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 Sensory Stimulation Activity 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	14 Potato Chip Day 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 History of the Potato Chip & Flavor Sampling 12:00 Lunch 1:00 "Basketball" Competition 1:30 Stories of Kindness 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	15 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Pictionary Challenge 12:00 Lunch 1:00 Movie Made Easy 2:00 Just a Moment Reflections 3:00 Dessert & Coffee Social 3:30 Crafting: Butterflies 6:00 Moonlight Movie	16 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 White Board Games 12:00 Lunch 1:00 Irish Limericks and Jokes 1:30 St. Patrick's Day Party! Music by Bob and Ellie 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	17 St. Patrick's Day 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 White Board Games 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Sing Along with Instruments 3:00 Dessert & Coffee Social 3:30 Spring Dessert Making 6:00 Moonlight Movie	18 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 White Board Games 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Sing Along with Instruments 3:00 Dessert & Coffee Social 3:30 Spring Dessert Making 6:00 Moonlight Movie
19 Quilting 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 Colored Pencils: Quilt Designs 3:00 Dessert & Coffee Social 3:30 History of Quilts/Quilt Show 6:00 Moonlight Movie	20 Spring Begins 8:30 Today's 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 Relaxing w/ Spring Poetry 3:00 Dessert and Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	21 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 Music with the Tremble Clefs 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	22 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 Bowling Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Patriotic Club 6:00 Moonlight Movie	23 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 Brain Games 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 Pictionary 3:00 Dessert & Coffee Social 3:30 Beading Fun 6:00 Moonlight Movie	24 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 Brain Games 12:00 Lunch 1:00 Indoor Bowling 2:00 You Be the Judge Discussion 3:00 Dessert & Coffee Social 3:30 Easter Card Making 6:00 Moonlight Movie	25 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Animal Facts and Trivia 12:00 Lunch 1:00 Indoor Bowling 2:00 You Be the Judge Discussion 3:00 Dessert & Coffee Social 3:30 Easter Card Making 6:00 Moonlight Movie
26 Spinach 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 & Readings 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Sentimental Reflections 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Spinach Salad 6:00 Moonlight Movie	27 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 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Holy Communion 1:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bowling Fun 2:00 Sensory Stimulation Activity 3:00 Dessert & Coffee Social 3:30 Poetry/Writer's Club 6:00 Moonlight Movie	28 Birthday Party 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 White Board Brain Games 12:00 Lunch 1:15 Birthday Party with Carmen 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	29 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 Ladies Lunch with Carmen 1:00 Bowling Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 History Club 6:00 Moonlight Movie	30 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Bus Trip 10:45 It's Ok To Be Smart Trivia 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Fun with Essential Oils 6:00 Moonlight Movie	31 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Trip 10:45 It's Ok To Be Smart Trivia 12:00 Lunch 1:00 Balloon Badminton 2:00 Cooking for the Senses with Chef Art 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie	Intergenerational Programs Pacific Ridge School Visit Mon or Tues. 9:45 am to 10:30 am Unless otherwise noted.

Activities subject to change without notice.

