



## ActivCare Daily Activities

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

## Special Events

**January 1**  
*New Year's Day*

**January 18**  
*In the Kitchen*





**January 21**  
*Martin Luther  
King Jr. Day*

**January 30**  
*Birthday Celebration*



# ActivCare at Yorba Linda January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>6</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Spiritual Hymns</b> 1:00 Rhythm Band 2:00 Balloon Noodle Game 3:00 Dessert &amp; Coffee Social 3:30 Eldersong Sing-Along 6:00 Moonlight Movie</p>	 <p><b>7</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 White Board Brain Games 1:00 <b>Entertainment - Music By Arnie Rios</b> 2:00 Tossing for Points 3:00 Doughnuts &amp; Coffee Social 3:30 Puzzle/ Dominos 6:00 Moonlight Movie</p>	<p><b>1 New Year's Day</b></p> <p>8:30 Current Events 9:15 Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>New Year's Day - Discussion</b> 1:00 Eldersong Sing-Along 2:00 <b>Pamper Me Lovely: Manicures</b> 3:00 Dessert &amp; Coffee Social 3:30 BINGO! 6:00 Moonlight Movie</p>	<p><b>2 Nat'l Cream Puff Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Name 10 Trivia 1:00 White Board Games 2:00 <b>Nat'l Cream Puff Day Discussion</b> 3:00 <b>Cream Puffs &amp; Coffee Social</b> 3:30 Ring Toss 6:00 Moonlight Movie</p>	<p><b>3</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Creative Art: 2019 Door Burst</b> 1:00 Balloon Badminton 2:00 Name Ten Game 3:00 Dessert &amp; Coffee Social 3:30 Celebrity Cards 6:00 Moonlight Movie</p>	<p><b>4 Nat'l Spaghetti Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Nat'l Spaghetti Day Discussion</b> 12:00 <b>Spaghetti Lunch</b> 1:00 Indoor Bowling Game 2:00 Popcorn and A Show 3:00 Dessert &amp; Coffee Social 3:30 BINGO! 6:00 Moonlight Movie</p>	<p><b>5</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>"New Year's Resolutions" Reminiscing</b> 1:00 Name 5 Trivia 2:00 Frisbee Toss Game 3:00 Dessert &amp; Coffee Social 3:30 Toss for Points 6:00 Lawrence Walk Show 6:30 Moonlight Movie</p>
<p><b>13</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Spiritual Hymns</b> 1:00 Rhythm Band 2:00 Puzzles and Dominos 3:00 Dessert &amp; Coffee Social 3:30 Eldersong Sing-Along 6:00 Moonlight Movie</p>	<p><b>14 Nat'l Hot Pastrami Sandwich Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Nat'l Hot Pastrami Sandwich Day Discussion</b> 12:00 <b>Hot Pastrami Sandwich Lunch</b> 1:00 Indoor Balloon Volleyball 2:00 <b>Entertainment - Music By Greg Wideen</b> 3:00 Dessert &amp; Coffee Social 3:30 Indoor Bocce Ball 6:00 Moonlight Movie</p>	<p><b>15 Nat'l Strawberry Ice Cream Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Flower Arranging 1:00 <b>Pamper Me Lovely: Manicures</b> 2:00 <b>Nat'l Strawberry Ice Cream Day Discussion</b> 3:00 <b>Strawberry Ice Cream &amp; Coffee Social</b> 3:30 BINGO! 6:00 Moonlight Movie</p>	<p><b>16 Nat'l Fig Newton Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Eldersong Sing-Along 1:00 Tossing for Points 2:00 <b>Nat'l Fig Newton Day Discussion</b> 3:00 <b>Fig Newton &amp; Coffee Social</b> 3:30 Name Ten Game 6:00 Moonlight Movie</p>	<p><b>17 Red Hat Lady's Lunch</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Creative Art: Book Marker</b> 12:00 <b>Red Hat Lady's Lunch w/ Elva</b> 1:00 Frisbee Toss Game 2:00 Indoor Corn Hole Game 3:00 Dessert &amp; Coffee Social 3:30 Word Anagram Game 6:00 Moonlight Movie</p>	<p><b>18 In The Kitchen</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Popcorn and A Show 1:00 Eldersong Sing-Along 2:00 Indoor Bowling 2:30 <b>In The Kitchen - Chocolate Sunday</b> 3:00 <b>Chocolate Sundays &amp; Coffee Social</b> 3:30 BINGO! 6:00 Moonlight Movie</p>	<p><b>19</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>"Martin Luther King Jr." Reminiscing</b> 1:00 Indoor Volleyball 2:00 White Board Brain Games 3:00 Dessert &amp; Coffee Social 3:30 Ring Toss 6:00 Lawrence Walk Show 6:30 Moonlight Movie</p>
<p><b>20</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Spiritual Hymns</b> 1:00 Rhythm Band 2:00 Indoor Volleyball 3:00 Dessert &amp; Coffee Social 3:30 Eldersong Sing-Along 6:00 Moonlight Movie</p>	<p><b>21 Martin Luther King Jr. Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Hangman Game 1:00 <b>Martin Luther King Day Discussion</b> 2:00 Toss For Points Game 3:00 Dessert &amp; Coffee Social 3:30 Indoor Balloon Badminton 6:00 Moonlight Movie</p>	<p><b>22 Nat'l Blonde Brownie Day</b></p> <p>8:30 Current Events 9:15 Morning Exercises 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Flower Arranging 1:00 <b>Entertainment - Music By Joe Tatar</b> 2:00 <b>Nat'l Blonde Brownie Day Discussion</b> 3:00 <b>Blonde Brownie &amp; Coffee Social</b> 3:30 Puzzle/ Dominos 6:00 Moonlight Movie</p>	<p><b>23 Nat'l Pie Day</b></p> <p>8:30 Current Events 9:15 Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Eldersong Sing-Along 1:00 Toss for Points Game 2:00 <b>Nat'l Pie Day Discussion</b> 3:00 <b>Pie &amp; Coffee Social</b> 3:30 Balloon Badminton 6:00 Moonlight Movie</p>	<p><b>24 Blue Tie Men's Lunch</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Creative Writing: Martin Luther King Jr.</b> 12:00 <b>Blue Tie Men's Lunch w/ Rick</b> 1:00 Indoor Bowling 2:00 Word Anagram Games 3:00 Dessert &amp; Coffee Social 3:30 Frisbee Toss 6:00 Moonlight Movie</p>	<p><b>25</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Eldersong Sing-Along 1:00 Indoor Volleyball/ <b>Neighborhood Scenic Drive</b> 2:00 Dessert &amp; Coffee Social 3:30 BINGO 6:00 Moonlight Movie</p>	<p><b>26</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>"January" Reminiscing</b> 1:00 Bocce Ball Game 2:00 Tossing for Points Game 3:00 Dessert &amp; Coffee Social 3:30 Puzzles/Dominos 6:00 Lawrence Walk Show 6:30 Moonlight Movie</p>
 <p><b>27</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Spiritual Hymns</b> 1:00 Balloon Noodle Game 2:00 Pictionary Brain Game 3:00 Dessert &amp; Coffee Social 3:30 Eldersong Sing-Along 6:00 Moonlight Movie</p>	<p><b>28 Cooking For The Senses</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Puzzles/ Dominos 1:00 <b>Cooking For The Senses w/ Chef Victor</b> 2:00 <b>Pasta Primavera</b> 3:00 Indoor Bocce Ball Game 3:00 Dessert &amp; Coffee Social 3:30 Name 5 Game 6:00 Moonlight Movie</p>	<p><b>29 Nat'l Corn Chip Day</b></p> <p>8:30 Current Events 9:15 Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Word Anagram Game 1:00 <b>Nat'l Corn Chip Day Discussion/ Tasting</b> 2:00 <b>Pamper Me Lovely: Manicures</b> 3:00 Dessert &amp; Coffee Social 3:30 BINGO! 6:00 Moonlight Movie</p>	<p><b>30 Nat'l Croissant Day</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 Eldersong Sing-Along 1:00 White Board Games 2:00 <b>Nat'l Croissant Day Discussion</b> 3:00 <b>Croissant &amp; Coffee Social</b> 3:30 Ring Toss 6:00 Moonlight Movie</p>	<p><b>31 Birthday Celebration</b></p> <p>8:30 Current Events 9:15 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Walkers Club 11:00 <b>Creative Art: Drink Coaster</b> 1:00 Balloon Badminton 2:00 <b>Birthday Celebration - Music By Eddie Montana</b> 3:00 <b>Birthday Cake &amp; Coffee Social</b> 3:30 Celebrity Cards 6:00 Moonlight Movie</p>		

Activities are subject to change without notice.