



ActivCare Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

January 1

New Year's Day

January 16

Martin Luther King Day

January 28

Chinese New Year


January 31

Birthday Party



ActivCare at Bressi Ranch January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>1</div> <div>New Year's Day</div> <div>8:30 Tournament of Roses Parade 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 Bocce Ball 2:00 Discussion: Inspirational New Year's Quotes and Resolutions 3:00 Dessert & Coffee Social 3:30 Afternoon Stretch with Glenna 6:00 Moonlight Movie</div>	<div>2</div> <div></div> <div>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 with Musicstation! 2:00 <i>Sensory Stimulation Activity</i> 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie</div>	<div>3</div> <div></div> <div>8:30 Today's News 9:00 Body in Motion Exercise 9:45 Intergenerational Visit with Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 5 Game 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Reminiscing Club 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</div>	<div>4</div> <div>Spaghetti Day</div> <div>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Bus Trip: Shadowridge Duck Pond 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 Cooking Class: Spaghetti 6:00 Moonlight Movie</div>	<div>5</div> <div>National Bird Day</div> <div>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 Unlock the Memories:1950 3:00 Dessert and Coffee Social 3:30 All About Birds! 6:00 Moonlight Movie</div>	<div>6</div> <div></div> <div>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 White Board Games 12:00 Lunch 1:00 Balloon Volleyball 2:00 Neighborhood Sing Along 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</div>	<div>7</div> <div>Old Rock Day</div> <div>8:30 Today in History 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 It's OK To Be Smart Trivia 12:00 Lunch 1:00 Indoor Horseshoes 2:00 The Big Band Years 3:00 Dessert & Coffee Social 3:30 Rock Painting 6:00 Moonlight</div>	
<div>8</div> <div>Elvis Presley's Birthday</div> <div>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 <i>Elvis Trivia and Music</i> 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie</div>	<div>9</div> <div></div> <div>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 Balloon Badminton 2:00 <i>Chicken Soup for the Soul</i> 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie</div>	<div>10</div> <div></div> <div>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Crafting: Dried Bean Mosaics 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Patriotic Trivia 3:00 Dessert & Coffee Social 3:30 Musical Celebration of Elvis with Jessie Preston 6:00 Moonlight Movie</div>	<div>11</div> <div></div> <div>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Bus Trip: Magee Park 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Name 10 Game 12:00 Lunch 1:00 Toss and Talk Trivia Ball 2:00 Interactive Trivia 3:00 Dessert & Coffee Social 3:30 Sculpting with Clay 6:00 Moonlight Movie</div>	<div>12</div> <div></div> <div>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 Indoor Bowling 1:30 Red Hat Club 2:00 Sing Along 3:00 Dessert and Coffee Social 3:30 History Club 6:00 Moonlight Movie</div>	<div>13</div> <div></div> <div>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 White Board Games 12:00 Lunch 1:00 Balloon Volleyball 2:00 <i>Is That Your Final Answer?</i> 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</div>	<div>14</div> <div></div> <div>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 Chip Chickin' Game 2:00 <i>Ozzie and Harriet</i> Comedy 3:00 Dessert & Coffee Social 3:30 Crafting Circle: Clay Snowmen 6:00 Moonlight Movie</div>	
<div>15</div> <div>National Hat Day</div> <div>8:30 Today's Current Events 9:00 Stretch with Glenna 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 Discussion: Hats 6:00 Moonlight Movie</div>	<div>16</div> <div>Martin Luther King Day</div> <div>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 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bocce Ball 2:00 <i>Sensory Stimulation Activity</i> 3:00 Dessert & Coffee Social 3:30 Discussion: Martin Luther King 6:00 Moonlight Movie</div>	<div>17</div> <div></div> <div>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Balloon Badminton 12:00 Lunch 1:00 "Basketball" Competition 1:30 Music with Scott Parlohl! 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</div>	<div>18</div> <div></div> <div>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:00 Bus Trip: Double Peak Park 10:30 Walker's Club 10:45 Pictionary Challenge 12:00 Lunch 1:00 Movement Made Easy 2:00 Hangman Challenge 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie</div>	<div>19</div> <div>National Popcorn Day</div> <div>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 Tic Tac Toe Toss 2:00 Pictionary 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</div>	<div>20</div> <div></div> <div>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 Tic Tac Toe Toss 2:00 Pictionary 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</div>	<div>21</div> <div></div> <div>8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Movement Made Simple 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Anagrams 3:00 Dessert & Coffee Social 3:30 Tea for Two Craft 6:00 Moonlight Movie</div>	
<div>22</div> <div>Blonde Brownie Day</div> <div>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 Baking Blonde Brownies 6:00 Moonlight Movie</div>	<div>23</div> <div></div> <div>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 Bean Bag Toss Challenge 2:00 Relaxing with Poetry 3:00 Dessert and Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie</div>	<div>24</div> <div></div> <div>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 Music with Phil Gates 1:30 Large Card Trivia 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</div>	<div>25</div> <div></div> <div>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:00 Bus Trip: Mamma Kat's Restaurant 10:30 Walker's Club 10:45 Word Scramblers 12:00 Lunch 1:30 Red Hat Club 2:00 <i>Leave It To Beaver</i> 3:00 Finish the Sentence Game 3:30 Dessert & Coffee Social 3:30 Making Fruit Smoothies! 6:00 Moonlight Movie</div>	<div>26</div> <div></div> <div>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Hangman Challenge 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 <i>Leave It To Beaver</i> 3:00 Dessert & Coffee Social 3:30 Balloon Badminton 6:00 Moonlight Movie</div>	<div>27</div> <div></div> <div>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 Balloon Badminton 2:00 Cooking for the Senses with Chef Art 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</div>	<div>28</div> <div>Chinese New Year</div> <div>8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 In the Kitchen: Chinese New Year Cookies 12:00 Lunch 1:00 Fun with Horseshoes 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Chinese New Year Trivia 6:00 Moonlight Movie</div>	
<div>29</div> <div></div> <div>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 <i>Sentimental Reflections</i> 3:00 Dessert & Coffee Social 3:30 Animal Facts and Fun 6:00 Moonlight Movie</div>	<div>30</div> <div></div> <div>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 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 12:00 Lunch 1:00 Bowling Fun 2:00 <i>Sensory Stimulation Activity</i> 3:00 Dessert and Coffee Social 3:30 Poetry/Writer's Club 6:00 Moonlight Movie</div>	<div>31</div> <div>Birthday Party</div> <div>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 White Board Brain Games 12:00 Ladies Lunch with Carmen 1:15 Birthday Party with Almaria! 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</div>	<div>Friday's Scenic Bus Rides 10:30 am or 1:15 pm Shadowridge Duck Pond Del Mar / Solana Beach Oceanside Harbor Leo Carrillo Ranch Double Peak Hill Harmony Grove Moonlight Beach / Encinitas Vista Village</div>			<div></div>	<div><div>Intergenerational Programs</div><div>Pacific Ridge School Visit</div><div>Mon or Tues. 9:45 am to 10:30 am</div><div>Unless otherwise noted.</div></div>

Activities subject to change without notice.