



## 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 9**  
*Cooking for the Senses*





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

**January 24**  
*Birthday Celebration*



# ActivCare at Rolling Hills Ranch January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>6 Drum Circle</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert &amp; Coffee 3:30 <i>Drum Circle</i> 4:30 Bingo 6:00 Popcorn Movie Night</p>	 <p><b>1 New Year's Day</b> 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit &amp; Coffee Social 10:30 <i>Love on a Leash</i> 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Musical Instruments</p>	<p><b>2</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Movie Night</p>	<p><b>3</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 Horseshoes 6:00 Music Therapy</p>	<p><b>4</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 1:00 Painting 2:00 2 Questions Trivia 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Special Movie &amp; Popcorn</p>	<p><b>5 Spa Day</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Family Feud 2:00 Arts &amp; Craft 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Music Therapy</p>	<p><b>5</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Gardening 2:00 Arts &amp; Craft 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Music Therapy</p>
<p><b>13</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert &amp; Coffee Social 4:30 Bingo 6:00 Sing-Along</p>	<p><b>14</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History &amp; Trivia 2:00 Horse Racing 3:00 Dessert &amp; Coffee Social 4:00 Bingo 6:00 Movie Night</p>	<p><b>15 Love on a Leash</b> 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit &amp; Coffee Social 10:30 <i>Love on a Leash</i> 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Music w/ Lani Calvert</i> 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along</p>	<p><b>16</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Trivia &amp; Teasers</p>	<p><b>17</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 Horseshoes 6:00 Music Therapy</p>	<p><b>18 Men's Club Lunch</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Ball Toss 11:00 Walkers Club 12:00 <i>Men's Club Lunch</i> 1:00 Painting 2:00 Trivia 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Special Movie &amp; Popcorn</p>	<p><b>19 Gardening</b> 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit &amp; Coffee Social 10:30 Trivia &amp; Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 <i>Gardening</i> 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Movie Night</p>
<p><b>20</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert &amp; Coffee Social 4:00 Prize Bingo 6:00 Sing-Along</p>	<p><b>21</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Puzzles 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 Bingo 6:00 Musical Instruments</p>	<p><b>22 S.D. Humane Society</b> 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit &amp; Coffee Social 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>S.D. Humane Society</i> 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along</p>	<p><b>23 Cooking for the Senses</b> 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit &amp; Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Cooking for the Senses: Peanut Butter Buddies</i> 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Movie Night</p>	<p><b>24</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy</p>	<p><b>25</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Bowling 2:00 Trivia 3:00 Dessert &amp; Coffee Social 4:00 Prize BINGO 6:00 Special Movie &amp; Popcorn</p>	<p><b>26</b> 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit &amp; Coffee Social 10:30 Trivia &amp; Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 Bowling 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Movie Night</p>
<p><b>27</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Put Put Golf 2:00 Ring Toss 3:00 Dessert &amp; Coffee Social 6:00 Sing-Along</p>	<p><b>28</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 Bingo 6:00 Musical Instruments</p>	<p><b>29</b> 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit &amp; Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along</p>	<p><b>30 Birthday Celebration</b> 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit &amp; Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 <i>Violin w/ John Quinones</i> 4:00 Prize BINGO 6:00 Movie Night</p>	<p><b>31</b> 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit &amp; Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert &amp; Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy</p>	 	

Activities are subject to change without notice.