



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

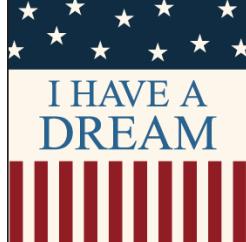
January 21
Martin Luther
King Jr. Day

January 24
Birthday Celebration



ActivCare at Rolling Hills Ranch January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & 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 & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Musical Instruments	2 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	3 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	4 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 Painting 3:00 2 Questions Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	5 Spa Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Family Feud 2:00 Arts & Craft 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Music Therapy
6 Drum Circle 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee 3:30 Drum Circle 4:30 Bingo 6:00 Popcorn Movie Night	7 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	8 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Flower Arranging 2:00 Music w/ Juan Robles 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Musical Instruments	9 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Walkers Club 1:00 Family Feud Game 2:00 Cooking for the Senses: <i>Cheese Quesadillas</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	10 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	11 Red Hat Tea Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:30 Red Hat Tea Party 2:00 2 Questions Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	5 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Gardening 2:00 Arts & Craft 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Music Therapy
13 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:30 Bingo 6:00 Sing-Along	14 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	15 Love on a Leash 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Walkers Club 1:00 Flower Arranging 2:00 Music w/ Lani Calvert 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Sing-Along	16 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	17 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Walkers Club 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	18 Men's Club Lunch 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 12:00 Men's Club Lunch 1:00 Painting 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	19 Gardening 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 Gardening 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
20 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:00 Prize Bingo 6:00 Sing-Along	21 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Puzzles 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	22 S.D. Humane Society 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Flower Arranging 2:00 S.D. Humane Society 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Sing-Along	23 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Cooking for the Senses: <i>Peanut Butter Buddies</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	24 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	25 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Bowling 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	26 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 Bowling 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
27 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Put Put Golf 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Sing-Along	28 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Sing-Along	29 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Violin w/ John Quinones 4:00 Prize BINGO 6:00 Movie Night	30 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Violin w/ John Quinones 4:00 Prize BINGO 6:00 Movie Night	31 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy		

Activities are subject to change without notice.