



# ActivCare Yorba Linda

# January 2020



## Daily Activities

### Newsworthy

Current Events

### Walker's Club

Neighborhood Strolls

### Thinking & Doing

Cognitive Exercises

### Musical Moments

Interactive Entertainment

### ActivFit

Strength & Agility Fitness

### Creative Arts

Artistic Expression

## SPECIAL EVENTS

January 15  
Red Hat Ladies  
Lunch

January 21  
Men's Blue Tie  
Lunch

January 29  
Birthday Celebration

party  
like  
it's  
2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 New Years Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Name 5 1:00 Indoor Bocce Ball 2:00 <b>New Years Day Discussion</b> 3:00 Dessert and Coffee Social 3:30 Ring Toss 6:00 Moonlight Movie	<b>2 National Cream Puff Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Sing Along</b> 1:00 <b>National Cream Puff Day Discussion</b> 2:00 Creative Art - Friendship Bracelets 3:00 Cream Puffs and Coffee Social 3:30 Whiteboard Brain Games 6:00 Moonlight Movie	<b>3</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Indoor Bowling 1:00 <b>Celebrity Cards/Resident Outing</b> 2:00 <b>Popcorn And a Show</b> 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>4</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>"Resolutions" Reminiscing</b> 1:00 Putting Green Games 2:00 Name 10 3:00 Desert and Coffee Social 3:30 Toss for Points 6:00 Lawrence Welk Show 6:30 Moonlight Movie
<b>5</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Spiritual Hymns</b> 1:00 <b>Rhythm Band</b> 2:00 Word Anagrams 3:00 Desert and Coffee Social 3:30 Sing Along 6:00 Moonlight Movie	<b>6 National Shortbread Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Word Anagrams Game</b> 1:00 Indoor Volleyball 2:00 <b>National Shortbread Day Discussion</b> 3:00 Shortbread and Coffee Social 3:30 <b>What would you do?</b> 6:00 Moonlight Movie	<b>7 Special Entertainment</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Flower Arranging 1:00 <b>Pamper Me Lovely</b> 2:00 <b>Music By Arnie Rios</b> 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>8 National English Toffee Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Sing Along</b> 1:00 <b>National English Toffee Day Discussion and Tasting</b> 2:00 Bocce Ball 3:00 Desert and Coffee Social 3:30 Frisbee Toss 6:00 Moonlight Movie	<b>9 Cooking For The Senses</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Putting Green Games 1:00 <b>Cooking For The Senses with Cristina</b> 2:00 Creative Art: Snowy Pine Trees 3:00 Dessert and Coffee Social 3:30 Word Anagrams 6:00 Moonlight Movie	<b>10 National Bittersweet Chocolate Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Bittersweet Chocolate Discussion and Tasting</b> 1:00 Tossing for Points 2:00 Popcorn and a Show 3:00 Desert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>11</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Name 5 1:00 Bocce Ball 2:00 "Winter Break as a kid" 3:00 Reminiscing 3:30 Desert and Coffee Social 3:30 Ring Toss 6:00 Lawrence Welk Show 6:30 Moonlight Movie
<b>12</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Spiritual Hymns</b> 1:00 <b>Rhythm Band</b> 2:00 Picture Day 3:00 Desert and Coffee Social 3:30 Sing Along 6:00 Moonlight Movie	<b>13 National Peach Melba Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Word Anagrams</b> 1:00 <b>Music By Eddie Montana</b> 2:00 <b>National Peach Melba Day Discussion</b> 3:00 Peach Melba and Coffee Social 6:00 Moonlight Movie	<b>14 National Hot Pastrami Sandwich Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Hot Pastrami Sandwich Day Discussion</b> 1:00 <b>Pamper Me Lovely</b> 2:00 Flower Arranging 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>15 Red Hat Ladies Lunch</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Balloon Volleyball</b> 1:00 "What Would You Do?" 12:00 <b>Red Hat Ladies Lunch with Elva</b> 2:00 <b>Sing Along</b> 3:00 Desert and Coffee Social 3:30 Name 10 6:00 Moonlight Movie	<b>16 National Fig Newton Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Fig Newton Day Discussion and Tasting</b> 1:00 Creative Writing Martin Luther King Jr. 2:00 <b>Whiteboard Brain Games</b> 3:00 Dessert and Coffee Social 3:30 Word Anagrams 6:00 Moonlight Movie	<b>17</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Indoor Bowling 1:00 <b>Balloon Badminton</b> 2:00 Popcorn and a Show 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>18</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 "Friends and Family" Reminiscing 1:00 Balloon Volleyball 2:00 Celebrity Cards Game 3:00 Desert and Coffee Social 3:30 Bingo 6:00 Lawrence Welk Show 6:30 Moonlight Movie
<b>19</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Spiritual Hymns</b> 1:00 Indoor Volleyball 2:00 Word Anagrams 3:00 Desert and Coffee Social 3:30 Sing Along 6:00 Moonlight Movie	<b>20 Martin Luther King Jr. Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Whiteboard Brain Games 1:00 Putting Green Games 2:00 <b>Martin Luther King Jr. Day Discussion</b> 3:00 Dessert and Coffee Social 3:30 Balloon Badminton 6:00 Moonlight Movie	<b>21 Men's Blue Tie Lunch</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Tossing For Points 12:00 <b>Men's Blue Tie Lunch with Rick</b> 1:00 <b>Pamper Me Lovely</b> 2:00 <b>Music By Greg Widene</b> 3:00 Desert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>22 National Blonde Brownie Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Toss And Talk</b> 1:00 Indoor Badminton Game 2:00 <b>National Brownie Day Discussion</b> 3:00 Blond Brownies and Coffee Social 3:30 Frisbee Toss 6:00 Moonlight Movie	<b>23 National Pie Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Indoor Bocce Ball</b> 1:00 Creative Art - Clay Pots 2:00 <b>Pie Day Discussion</b> 3:00 Dessert and Coffee Social 3:30 Frisbee Toss 6:00 Moonlight Movie	<b>24 In the Kitchen</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>In the Kitchen</b> 1:00 Resident Outing Word Anagram Game 2:00 Popcorn and a Show 3:00 Desert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>25</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 "Martin Luther King Jr." Reminiscing 1:00 Bocce Ball 2:00 Indoor Volleyball 3:00 Desert and Coffee Social 3:30 Puzzles and Dominos 6:00 Lawrence Welk Show 6:30 Moonlight Movie
<b>26</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Spiritual Hymns</b> 1:00 Balloon Noodle Game 2:00 <b>Whiteboard Brain Games</b> 3:00 Desert and Coffee Social 3:30 Sing Along 6:00 Moonlight Movie	<b>27 National Chocolate Cake Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Indoor Bowling 1:00 Celebrity Card Game 2:00 <b>National Chocolate Cake Day Discussion</b> 3:00 Chocolate Cake and Coffee Social 3:30 Name 5 6:00 Moonlight Movie	<b>28</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Flower Arranging 1:00 <b>Pamper Me Lovely</b> 2:00 <b>Indoor Bowling</b> 3:00 Desert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	<b>29 Birthday Celebration</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Name 5 1:00 Indoor Bocce Ball 2:00 <b>Birthday Celebration Music by Joe Tatar</b> 3:00 Dessert and Coffee Social 3:30 Ring Toss 6:00 Moonlight Movie	<b>30 National Croissant Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 <b>Sing Along</b> 1:00 Hangman Game 2:00 <b>National Croissant Day Discussion</b> 3:00 Croissants and Coffee Social 3:30 Whiteboard Brain Games 6:00 Moonlight Movie	<b>31 National Hot Chocolate Day</b> 8:30 Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Indoor Bowling 1:00 Indoor Volleyball 2:00 <b>Popcorn And a Show</b> 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Moonlight Movie	

Activities are subject to change without notice.