



# ActivCare Yorba Linda January 2020



## Daily Activities

**Newsorthy**  
Current Events

**Walker's Club**  
Neighborhood Strolls

**Thinking & Doing**  
Cognitive Exercises

**Musical Moments**  
Interactive Entertainment

**ActivFit**  
Strength & Agility Fitness

**Creative Arts**  
Artistic Expression


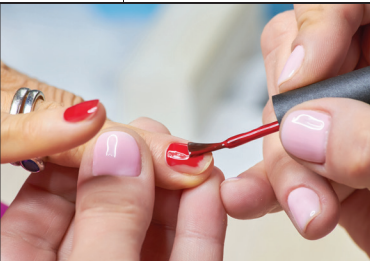

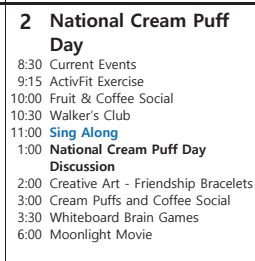
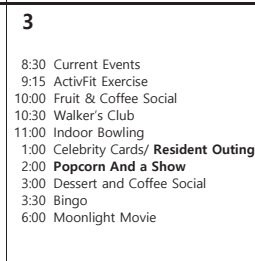
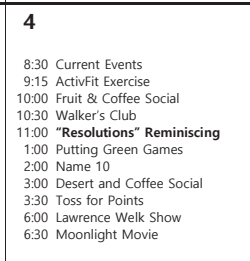
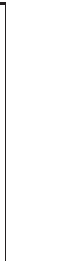

## SPECIAL EVENTS

January 15  
**Red Hat Ladies Lunch**

January 21  
**Men's Blue Tie Lunch**

January 29  
**Birthday Celebration**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<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 Word Anagrams Game 12:00 Indoor Volleyball <b>2:00 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> <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> <b>1:00 National English Toffee Day Discussion and Tasting</b> 2:00 Bocce Ball 3:00 Dessert 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" Reminiscing 3:00 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 Pictionary 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 Word Anagrams 1:00 <b>Music By Eddie Montana</b> <b>2:00 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 Balloon Volleyball 11:00 "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 Desert 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 Wideen</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 Toss And Talk 1:00 Indoor Badminton Game 2:00 <b>National Brown Brownie Day Discussion</b> 3:00 Blond Brownies and Coffee Social 3:30 Ring Toss Game 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 indoor Bocce Ball 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.