



ActivCare Daily Activities



ActivCare at Bressi Ranch September 2018



What's News
Music That Matters
Exercise in Motion
Think It - Say It
Neighborhood Walks
Creative Arts

Special Events

September 3
Labor Day

September 9
Grandparents Day

Septmber 13
Country Hoedown

September 25
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 1:00 Bean Bag Toss 1:30 Fishing Game 2:00 <i>The Big Band Years or Outdoor Gardening and Watering</i> 3:30 <i>Friendship Bracelets</i> 6:00 Silver Screen Feature	 3 Labor Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 12:00 <i>Labor Day BBQ</i> 1:00 Sing-Along 2:00 <i>All about Labor Day</i> 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	 4 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Name 5 Game 10:30 Shoulder Massages with Les 1:00 Bean Bag Toss Challenge 1:30 Story Hour 3:30 <i>Bingo!</i> 6:00 Silver Screen Feature	 5 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride 10:30 Sing-Along 1:00 Indoor Horseshoes 1:00 <i>Field Trip: Deer Springs Winery & Auto Museum</i> 1:00 Sing-Along 2:00 Trivia Circle 3:30 Colored Pencils/Tabletop Games 6:00 Silver Screen Feature	6 National Read a Book Day 8:30 CNN 9:00 Sittercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 10:30 Flower Arranging or Men's Club 1:00 Basketball Toss 1:30 Parachute Fun 1:30 <i>Red Hat Club</i> 2:00 Lawrence Welk 3:30 <i>Discussion Group: Favorite Books</i> 6:00 Silver Screen Feature	7 8:30 Morning News 9:00 Joints in Motion 10:30 Walkers Club/ <i>Scenic Van Ride</i> 10:30 Sing-Along with Instruments 1:00 Scenic Van Ride 1:00 Toss and Talk Trivia Ball 1:30 Large Bean Bag Toss 2:00 <i>It's Ok to Be Smart Trivia</i> 3:30 <i>Prize BINGO!</i> 6:00 Silver Screen Feature	8 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Hangman Game 1:00 Tic Tac Toe Toss 1:30 Velcro Catch 2:00 Sing-Along with Instruments 3:00 <i>Happy Hour</i> 3:30 <i>Music with Jeffry</i> 6:00 Silver Screen Feature
9 Grandparents Day 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 1:00 <i>Music with Rosemarie!</i> 2:00 <i>Grandparents Day Ice Cream Social</i> 3:30 <i>Biography Club: Grandma Moses</i> 6:00 Silver Screen Feature	10 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 1:00 Balloon Badminton 1:30 Bocce Ball 2:00 Patriotic Club 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	11 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Is That Your Final Answer? 10:30 Flower Arranging or Men's Club 12:00 <i>Men's Lunch with Anthony</i> 1:00 Bat the Balloon Game 1:30 Story Hour 3:30 <i>Bingo!</i> 6:00 Silver Screen Feature	12 Nat'l Chocolate Milkshake Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride 10:30 <i>Country Hoedown!</i> 1:00 Basketball Toss 1:00 <i>Bus Trip: Lawrence Welk Resort</i> 1:30 Afternoon Stretch 2:00 <i>You Be the Judge</i> 3:30 <i>In the Kitchen: Chocolate Milkshakes</i> 6:00 Silver Screen Feature	13 Country Hoedown! 8:30 CNN 9:00 Sittercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 10:30 Flower Arranging or Men's Club 1:00 <i>Country Hoedown!</i> 1:00 <i>Music with Cowboy Jack and Barnyard Cuties Petting Zoo</i> 2:00 <i>Dawn Home Refreshments</i> 3:30 <i>Hoedown Games</i> 6:00 Silver Screen Feature	14 8:30 Morning News 9:00 Joints in Motion 10:30 Walkers Club/ <i>Scenic Van Ride</i> 10:30 White Board Games 1:00 Indoor Bocce Ball 1:00 Scenic Van Ride 1:30 Parachute Fun 2:00 Reminiscence through the Decades 3:30 <i>Prize BINGO!</i> 6:00 Silver Screen Feature	15 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Finish the Phrase 1:00 Kickball Game 1:30 Toss and Talk Trivia Ball 2:00 <i>Chicken Soup for the Soul</i> 3:30 <i>Creative Writing Club</i> 6:00 Silver Screen Feature
16 Mayflower Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 1:00 Balloon Badminton 1:30 Parachute Activity 2:00 Name the State Game 3:30 <i>All About the Mayflower</i> 6:00 Silver Screen Feature	17 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 1:00 <i>Music Station!</i> 1:30 Bocce Ball 2:00 Choir Practice 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	18 8:30 Today's News 9:00 Body in Motion Exercise 9:30 Intergenerational Visit with Students 10:30 Walkers Club 10:30 Large Card Trivia 10:30 Shoulder Massages with Les 12:00 <i>Lunch Bunch with Carmen</i> 1:00 Balloon Badminton 1:30 Story Hour 3:30 <i>Bingo!</i> 6:00 Silver Screen Feature	19 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride 1:00 Chip Chuckin' Game 1:00 <i>Bus Trip: Solana Beach Fire Station</i> 2:00 National Geographic Special 3:30 <i>Crafter's Corner: Fall Door Hangers</i> 6:00 Silver Screen Feature	20 8:30 CNN 9:00 Sittercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 10:30 Flower Arranging or Men's Club 1:00 <i>Joy of Watercolor with Peggy</i> 1:00 Sing-Along 2:00 Archcraft Pilates 3:30 <i>Resident in the Spotlight</i> 6:00 Silver Screen Feature	21 8:30 Morning News 9:00 Joints in Motion 10:30 Walkers Club/ <i>Scenic Bus Ride</i> 10:30 Brain Games 1:00 Indoor Bocce Ball 1:00 Scenic Bus Ride 1:30 Colored Pencil Relaxation 3:30 <i>Prize BINGO!</i> 6:00 Silver Screen Feature	22 Autumn Begins 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Colored Pencils: Autumn Leaves 1:00 Bean Bag Toss 1:30 Bat the Balloon 2:00 National Geographic 3:30 <i>In the Kitchen: Fall Apple Crisp</i> 6:00 Silver Screen Feature
23 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 1:00 Bean Bag Toss 1:30 Tic Tac Toe Throw 2:00 Movement Made Simple or Outdoor Gardening and Watering 3:30 <i>Creative Birthday Hats</i> 6:00 Silver Screen Feature	24 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 1:00 Bowling Fun 1:30 Bocce Ball 2:00 Bible Study Group 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	25 Birthday Celebration 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 White Board Brain Games 10:30 Shoulder Massages with Les 10:30 Finish the Phrase 1:30 <i>Birthday Party with Almario</i> 3:30 <i>Bingo!</i> 6:00 Silver Screen Feature	26 Nat'l Johnny Appleseed Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 The Singing Seniors 10:30 Sing-Along 1:00 Balloon Volleyball 1:00 <i>Bus Trip: The Landings at Palomar Airport</i> 1:30 Unlock the Memories 3:30 <i>Biography Club: Johnny Appleseed</i> 6:00 Silver Screen Feature	27 8:30 CNN 9:00 Sittercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 10:30 Flower Arranging Club 1:00 Bat the Balloon Game 1:30 <i>Red Hat Club</i> 1:30 Trivia Fun 2:00 Pat Boone's <i>American Glory</i> 3:30 <i>Travelogue: Sights and Tastes of Cuba</i> 6:00 Silver Screen Feature	28 8:30 Morning News 9:00 Body in Motion Exercise 10:30 Walkers Club/ <i>Scenic Van Ride</i> 10:30 Name 5 Game 1:00 Indoor "Basketball" 1:00 Scenic Van Ride 1:30 Sentimental Reflections 3:30 <i>Prize BINGO!</i> 6:00 Moonlight Movie	29 Confucius Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 <i>Wisdom of Confucius/ Fortune Cookie Fun</i> 1:00 Horse Racing Game 1:30 Fishing Challenge 2:00 Scenic Cruises of the World 3:00 <i>Happy Hour</i> 3:30 <i>Games with Glenna</i> 6:00 Silver Screen Feature
30 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns and Readings 1:00 Bat the Balloon Game 1:30 Finish the Nursery Rhyme 2:00 <i>I Love Lucy Comedy</i> 3:30 Sing-Along 6:00 Silver Screen Feature						

Activities are subject to change without notice.