



## ActivCare Daily Activities

### 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



# ActivCare at Bressi Ranch

# September 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>2</b> 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 Friendship Bracelets 6:00 Silver Screen Feature	<b>3 Labor Day</b> 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 <i>Holy Communion</i> 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	<b>4</b> 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	<b>5</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 <i>Scenic Bus Ride</i> 10:30 Sing-Along 1:00 Indoor Horseshoes 1:30 Story Hour 3:30 <i>Field Trip: Deer Springs Winery &amp; Auto Museum</i> 1:00 Sing-Along 2:00 Trivia Circle 3:30 Colored Pencils/Tabletop Games 6:00 Silver Screen Feature	<b>6 National Read a Book Day</b> 8:30 CNN 9:00 Sittercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 1:00 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	<b>7</b> 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 <i>Scenic Van Ride</i> 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	<b>8</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Picture 1:00 Parachute Fun 1:30 Balloon Badminton 2:00 <i>Is that Your Final Answer?</i> 3:30 <i>Crafting Corner: Decorative Horseshoes</i> 6:00 Silver Screen Feature
<b>9 Grandparents Day</b> 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	<b>10</b> 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 <i>Holy Communion</i> 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	<b>11</b> 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 <i>Is That Your Final Answer?</i> 10:30 Shoulder Massages with Les 1:00 <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	<b>12 Nat'l Chocolate Milkshake Day</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 <i>Scenic Bus Ride</i> 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	<b>13 Country Hoedown!</b> 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>Down Home Refreshments</i> 3:30 <i>Hoedown Games</i> 6:00 Silver Screen Feature	<b>14</b> 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 <i>Scenic Van Ride</i> 1:30 Parachute Fun 2:00 Reminisce through the Decades 3:30 <i>Prize BINGO!</i> 6:00 Silver Screen Feature	<b>15</b> 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 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
<b>16 Mayflower Day</b> 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 1:00 <i>Holy Communion</i> 1:30 <i>Parachute Activity</i> 2:00 Name the State Game 3:30 <i>All About the Mayflower</i> 6:00 Silver Screen Feature	<b>17</b> 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 1:00 Music Station! 1:30 Bocce Ball 2:00 Choir Practice 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	<b>18</b> 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	<b>19</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 <i>Scenic Bus Ride</i> 1:00 <i>Bus Trip: Solana Beach Fire Station</i> 1:30 Kickball Circle 2:00 National Geographic Special 3:30 <i>Crafter's Corner: Fall Door Hangers</i> 6:00 Silver Screen Feature	<b>20</b> 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> 1:30 Sing-Along 2:00 Armchair Pilates 3:30 <i>Resident in the Spotlight</i> 6:00 Silver Screen Feature	<b>21</b> 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 <i>Scenic Bus Ride</i> 1:30 Colored Pencil Relaxation 3:30 <i>Prize BINGO!</i> 6:00 Silver Screen Feature	<b>22 Autumn Begins</b> 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
<b>23</b> 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns and 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	<b>24</b> 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 <i>Holy Communion</i> 10:30 <i>Love on Leash</i> Dog Therapy 11:00 Animal Study Group 1:00 Animal Fun 1:30 Bocce Ball 2:00 Bible Study Group 3:30 <i>Bingo Fun!</i> 6:00 Silver Screen Feature	<b>25 Birthday Celebration</b> 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 <i>White Board Brain Games</i> 10:30 Shoulder Massages with Les 1:00 Finish the Phrase 1:30 <i>Birthday Party with Almario</i> 3:30 <i>Bingo!</i> 6:00 Silver Screen Feature	<b>26 Nat'l Johnny Appleseed Day</b> 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Shoulder Massages with Les 10:30 Flower Arranging Club 1:00 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 1:30 <i>Photo Club: Johnny Applesed</i> 6:00 Silver Screen Feature	<b>27</b> 8:30 CNN 9:00 Sittercise 10:30 Walker's 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 <i>Pat Boone's American Glory</i> 3:30 <i>Travelogue: Sights and Tastes of Cuba</i> 6:00 Silver Screen Feature	<b>28</b> 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 <i>Scenic Van Ride</i> 1:30 Sentimental Reflections 3:30 <i>Prize BINGO!</i> 6:00 Moonlight Movie	<b>29 Confucius Day</b> 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 Scene Cruises of the World 3:00 <i>Happy Hour</i> 3:30 <i>Games with Glenna</i> 6:00 Silver Screen Feature
<b>30</b> 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 11:00 Spiritual Hymns and Readings 1:00 Bean Bag Toss 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.