



ActivCare Rolling Hills Ranch

DECEMBER 2019



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

December 20
Red Hat Ladies
Tea Party

December 22
Men's Club Lunch

December 26
Birthday Celebration

December 31
New Year's Eve Party



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walker's Club 1:00 Gardening 2:00 Trivia 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely 6:00 Movie Night	2 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	3 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 Walker's Club 1:00 Flower Arranging 2:00 Trivia Time 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night	4 Cooking with Chef Patrick 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Cooking with Chef Patrick 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	5 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bus Ride: Downtown Chula Vista 11:00 Walker's Club 1:00 Hangman 2:00 Bowling 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely Spa 6:00 Movie Night	6 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Arts & Crafts 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	7 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walker's Club 1:00 Bowling 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night
8 Girl Scouts Carolers 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Girls Scouts Carolers 10:30 Ball Toss 11:00 Walker's Club 1:00 Bowling 2:00 Trivia 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely 6:00 Movie Night	9 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	10 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Flower Arranging 2:00 Music with Juan Robles 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night	11 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	12 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bus Ride: J Street Marina 11:00 Walker's Club 1:00 Hangman 2:00 Bowling 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely Spa 6:00 Movie Night	13 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Painting 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	14 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton 11:00 Walker's Club 1:00 Bowling 2:00 Sing Along 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night
15 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walker's Club 1:00 Gardening 2:00 Trivia 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely 6:00 Movie Night	16 Kids on the Go Caroling 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Kids on the Go Carolers 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Drum Circle 6:00 Special Movie & Popcorn	17 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Walker's Club 1:00 Flower Arranging 2:00 Music with Lani Calvert 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night	18 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walker's Club 1:00 Family Feud 2:00 Christmas Cookies Decorating 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	19 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bus Ride: Otay Lakes Reservoir 11:00 Walker's Club 1:00 Hangman 2:00 Bowling 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely Spa 6:00 Movie Night	20 Red Hat Ladies Tea Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Painting & Drawing 1:30 Red Hat Ladies Tea Party 2:00 Trivia 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	21 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Badminton 11:00 Walker's Club 1:00 Bowling 2:00 Sing Along 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night
22 Men's Club Lunch 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walker's Club 12:00 Men's Club Lunch 2:00 Trivia 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely 6:00 Movie Night	23 Candy Cane Lane Ride Hanukkah Starts 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Candy Cane Bus Ride 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	24 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Trivia Time 3:00 Dessert and Coffee Social 4:00 Paper Me Lovely Spa 6:00 Special Movie & Popcorn	25 Christmas 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	26 Birthday Celebration 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Special Bus Ride 1:00 Family Feud 2:00 Violin Music w/ John Quiñonez 3:00 Dessert and Coffee Social 4:00 Paper Me Lovely Spa 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 Walker's Club 1:00 Arts & Crafts 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	28 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walker's Club 1:00 Bowling 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Movie Night
29 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Bowling 2:00 Trivia Time 3:00 Dessert and Coffee Social 4:00 Pamper Me Lovely Spa 6:00 Movie Night	30 Hanukkah Ends 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert and Coffee Social 4:00 Prize Bingo 6:00 Special Movie & Popcorn	31 New Years Eve 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walker's Club 1:00 Flower Arranging 2:00 Trivia 3:00 New Years Eve Party 4:00 Prize Bingo 6:00 Special Movie & Popcorn				

Activities are subject to change without notice.