



## ActivCare Daily Activities

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

### Special Events

**February 2**  
Groundhog Day

**February 14**  
Valentine's Day





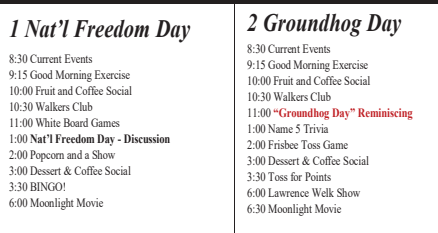

**February 18**  
Presidents' Day

**February 25**  
Birthday Celebration



# ActivCare at Yorba Linda February 2019



| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|---|--|--|---|--|
|  <p><b>HAPPY Valentine's DAY</b></p> <p><b>3 Nat'l Carrot Cake Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Spiritual Hymns</b><br/>1:00 Rhythm Band<br/>2:00 <b>Nat'l Carrot Cake Day - Discussion</b><br/>3:00 <b>Carrot Cake &amp; Coffee Social</b><br/>3:30 Eldersong Sing-Along<br/>6:00 Moonlight Movie</p> |  <p><b>4</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 White Board Brain Games<br/>1:00 <b>Entertainment - Music By Arnie Rios</b><br/>2:00 Tossing for Points<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Puzzle/ Dominoes<br/>6:00 Moonlight Movie</p> |  <p><b>5 Chinese New Year</b><br/>8:30 Current Events<br/>9:15 Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Chinese New Year - Discussion</b><br/>1:00 <b>Pumper Me Lovely: Manicures</b><br/>2:00 Word Anagram Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 BINGO!<br/>6:00 Moonlight Movie</p> |  <p><b>6 Nat'l Frozen Yogurt Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Eldersong Sing-Along<br/>1:00 Indoor Bowling Game<br/>2:00 <b>Nat'l Frozen Yogurt Day - Discussion</b><br/>3:00 <b>Frozen Yogurt &amp; Coffee Social</b><br/>3:30 Frisbee Toss Game<br/>6:00 Moonlight Movie</p> |  <p><b>7 Nat'l Fettuccine Alfredo Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Nat'l Fettuccine Alfredo Day Discussion</b><br/>12:00 <b>Fettuccine Alfredo Lunch</b><br/>1:00 Balloon Badminton<br/>2:00 <b>Creative Art: Chinese Lanterns</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Word Anagrams<br/>6:00 Moonlight Movie</p> | <p><b>1 Nat'l Freedom Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 White Board Games<br/>1:00 <b>Nat'l Freedom Day - Discussion</b><br/>2:00 Popcorn and a Show<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 BINGO!<br/>6:00 Moonlight Movie</p>                              | <p><b>2 Groundhog Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>"Groundhog Day" Reminiscing</b><br/>1:00 Name 5 Trivia<br/>2:00 Frisbee Toss Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Toss for Points<br/>6:00 Lawrence Welk Show<br/>6:30 Moonlight Movie</p>  |
| <p><b>10</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Spiritual Hymns</b><br/>1:00 Rhythm Band<br/>2:00 Puzzles and Dominoes<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Eldersong Sing-Along<br/>6:00 Moonlight Movie</p>  | <p><b>11 Nat'l Peppermint Patty Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Nat'l Peppermint Patty Day Discussion/ Tasting</b><br/>1:00 Indoor Balloon Volleyball<br/>2:00 Word Anagram Game<br/>3:00 <b>Dessert &amp; Coffee Social</b><br/>3:30 Indoor Bocce Ball<br/>6:00 Moonlight Movie</p>                                    | <p><b>12 In the Kitchen</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Flower Arranging<br/>1:00 <b>In the Kitchen - Heart Shaped Cookies</b><br/>2:00 <b>Pumper Me Lovely: Manicures</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Name Ten Game<br/>6:00 Moonlight Movie</p>   | <p><b>13 Nat'l Cheddar Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Eldersong Sing-Along<br/>1:00 Tossing for Points<br/>2:00 <b>Nat'l Cheddar Day Discussion/ Tasting</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Name Ten Game<br/>6:00 Moonlight Movie</p>   | <p><b>14 Valentine's Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Creative Art: Valentine's Day Door Hangers</b><br/>1:00 Frisbee Toss Game<br/>2:00 Indoor Corn Hole Game<br/>3:00 <b>Valentine's Friendship Tea Party - Entertainment - Music by Eddie Montana</b><br/>3:30 Word Anagram Game<br/>6:00 Moonlight Movie</p>   | <p><b>15 Nat'l Caregivers Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Popcorn and a Show<br/>1:00 Eldersong Sing-Along<br/>2:00 <b>Nat'l Caregivers Day Discussion</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 BINGO!<br/>6:00 Moonlight Movie</p>                      | <p><b>16</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Indoor Volleyball<br/>2:00 White Board Brain Games<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Ring Toss<br/>6:00 Lawrence Welk Show<br/>6:30 Moonlight Movie</p>   |
| <p><b>17</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Spiritual Hymns</b><br/>1:00 Rhythm Band<br/>2:00 Indoor Volleyball<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Eldersong Sing-Along<br/>6:00 Moonlight Movie</p>   | <p><b>18 Presidents' Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Hangman Game<br/>1:00 <b>Presidents' Day - Discussion</b><br/>2:00 <b>Entertainment - Music Al Valdez</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Indoor Balloon Badminton<br/>6:00 Moonlight Movie</p>   | <p><b>19 Men's Blue Tie Lunch</b><br/>8:30 Current Events<br/>9:15 Morning Exercises<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Flower Arranging<br/>12:00 <b>Men's Blue Tie Lunch w/ Rick</b><br/>1:00 Name 5 Game<br/>2:00 Indoor Bocce Ball Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Puzzle/ Dominoes<br/>6:00 Moonlight Movie</p>   | <p><b>20 Nat'l Cherry Pie Day</b><br/>8:30 Current Events<br/>9:15 Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Eldersong Sing-Along<br/>1:00 Toss for Points Game<br/>2:00 <b>Nat'l Cherry Pie Day - Discussion</b><br/>3:00 Balloon Badminton<br/>3:30 <b>Cherry Pie &amp; Coffee Social</b><br/>6:00 Moonlight Movie</p>   | <p><b>21 Cooking for the Senses</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Creative Writing: "What Does Friendship Mean to Me"</b><br/>1:00 <b>Cooking for the Senses w/ Victor the Chef</b><br/>2:00 Word Anagram Games<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Frisbee Toss<br/>6:00 Moonlight Movie</p>   | <p><b>22 Nat'l California Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Eldersong Sing-Along<br/>1:00 Indoor Volleyball/ <b>Scenic Drive</b><br/>2:00 <b>Nat'l California Day - Discussion</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 BINGO<br/>6:00 Moonlight Movie</p> | <p><b>23 Nat'l Banana Bread Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>"Spring Time" Reminiscing</b><br/>1:00 Bocce Ball Game<br/>2:00 <b>Nat'l Banana Bread Day - Discussion</b><br/>3:00 <b>Banana Bread &amp; Coffee Social</b><br/>3:30 Puzzles/ Dominoes<br/>6:00 Lawrence Welk Show<br/>6:30 Moonlight Movie</p> |
| <p><b>24</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Spiritual Hymns</b><br/>1:00 Balloon Noodle Game<br/>2:00 Pictionary Brain Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Eldersong Sing-Along<br/>6:00 Moonlight Movie</p>   | <p><b>25 Birthday Celebration</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Puzzles/ Dominoes<br/>1:00 Golf Putting Outside<br/>2:00 <b>Birthday Celebration - Music by Joe Tatar</b><br/>3:00 Birthday Cake &amp; Coffee Social<br/>3:30 Name 5 Game<br/>6:00 Moonlight Movie</p>   | <p><b>26 Red Hats Ladies Lunch</b><br/>8:30 Current Events<br/>9:15 Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Word Anagram Game<br/>12:00 <b>Red Hats Ladies Lunch w/ Elva</b><br/>1:00 Restaurant TRD<br/>2:00 <b>Pumper Me Lovely: Manicures</b><br/>3:00 Dessert &amp; Coffee Social<br/>3:30 BINGO!<br/>6:00 Moonlight Movie</p>  | <p><b>27</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 Eldersong Sing-Along<br/>1:00 White Board Games<br/>2:00 Indoor Bocce Ball Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Ring Toss<br/>6:00 Moonlight Movie</p>  | <p><b>28 Nat'l Chili Day</b><br/>8:30 Current Events<br/>9:15 Good Morning Exercise<br/>10:00 Fruit and Coffee Social<br/>10:30 Walkers Club<br/>11:00 <b>Nat'l Chili Day Discussion</b><br/>12:00 <b>Homemade Chili Lunch</b><br/>1:00 <b>Creative Art: President Water Color Art</b><br/>2:00 Bingo Game<br/>3:00 Dessert &amp; Coffee Social<br/>3:30 Celebrity Cards<br/>6:00 Moonlight Movie</p>  | <p><b>I ♥ Caregivers</b></p>  |   |

Activities are subject to change without notice.