



ActivCare at Bressi Ranch

July 2019



ActivCare Daily Activities

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

SPECIAL EVENTS

July 4
Independence Day
BBQ

July 11
Antique Car Show

July 25
Chef's Table

July 28
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Activities 10:00 Fruit Social 12:00 Lunch 3:00 Dessert Social 5:00 Dinner	1 Musicstation! 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on a Leash 11:00 Animal Study Group 1:00 Musicstation Entertainment 2:00 US Trivia Fun 3:30 Music with Emmanuel 6:00 Silver Screen Feature	2 Music with Lew 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walker's Club 10:30 Balloon Badminton 1:00 Bocce Ball Competition 1:45 Biography Club 3:30 Piano Sing Along with Lew 6:00 Silver Screen Feature	3 Bus Trips 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride 10:30 Indoor Golf Putting 1:00 Bus Trip: Museum of Making Music 1:00 Fishing Game 2:00 Reminiscing Stories 3:30 Crafting Circle 6:00 Silver Screen Feature	4 Independence Day 8:30 Today's Current Events 9:00 Chair Exercise 10:30 Walkers Club 10:30 Flower Arranging 12:00 BBQ Lunch 1:15 Violin Music with John! 3:30 Holiday Bingo 6:00 Silver Screen Feature	5 Bingo 8:30 Today's Current Events 9:00 Joints in Motion 10:30 Walkers Club 10:30 Scenic Van Ride 10:30 Sing Along 1:00 Parachute Fun 2:00 Scenic Cruises of the World 3:30 BINGO 6:00 Silver Screen Feature	6 History Club 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 History Club: First Ladies of America 1:00 Bean Bag Toss 2:00 Name 5 Game 3:30 Sing Along with Instruments 6:00 Silver Screen Feature
7 National Strawberry Sundae Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 10:45 Spiritual Readings & Hymns 1:00 Indoor Bocce Ball 2:00 Finish the Sentence Game 3:30 Making Strawberry Sundaes & Ice Cream Flavors Word Scramblers 6:00 Silver Screen Feature	8 Coca-Cola Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on a Leash 11:00 Animal Study Group 1:00 Bean Bag Toss Challenge 2:00 All About Coke: Trivia and Sampling 3:30 BINGO 6:00 Silver Screen Feature	9 Music with Lew 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 White Board Games 1:00 Indoor Horseshoes 1:45 Biography Club 3:30 Piano Sing Along with Lew 6:00 Silver Screen Feature	10 Penny Ante 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride 10:30 You Be the Judge 1:00 Bus Trip: Ice Cream by the Harbor 1:00 Bowling Fun 2:00 <i>Chicken Soup for the Soul</i> 3:30 Penny Ante Game 6:00 Silver Screen Feature	11 Antique Car Show 8:30 Today's Current Events 9:00 Chair Exercise 10:30 Walkers Club 11:00 - 1:00 Antique Car Show & Ice Cream Truck Treats 1:00 Toss and Talk Trivia Ball 1:30 Sing Along 3:30 Flower Arranging 6:00 Silver Screen Feature	12 Bingo 8:30 Today's Current Events 9:00 Joints in Motion 10:30 Walkers Club 10:30 Scenic Van Ride 11:00 Is that your Final Answer? 1:00 Balloon Badminton 2:00 Neighborhood Sing Along 3:30 BINGO 6:00 Silver Screen Feature	13 Trivia Fun 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Trivia Fun 1:00 Tic Tac Toe Bean Bag Toss 2:00 <i>Just a Moment</i> Meditations 3:30 Colored Pencils and Puzzles 6:00 Silver Screen Feature
14 Shark Awareness Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 10:30 Spiritual Readings & Hymns 1:00 Fishing Game 2:00 Armchair Pilates 3:30 All About Sharks 6:00 Silver Screen Feature	15 Love on a Leash 8:30 Local News 9:00 Morning Stretch 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on a Leash 11:00 Animal Study Group 1:00 Balloon Badminton 2:00 Unlock the Memories 3:30 BINGO 6:00 Silver Screen Feature	16 Cooking for the Senses 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 White Board Games 10:45 Music with Sherry and Carolyn 1:00 Bowling Fun 2:00 Cooking for the Senses with Chef Mike 3:30 Piano Sing Along with Lew	17 Bus Trips 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Scenic Bus Ride/ Singing Seniors 1:00 Bus Trip: Off to the Movies 1:00 Bat the Balloon 2:00 <i>You Be the Judge</i> 3:30 Wheel of Fortune Game 6:00 Silver Screen Feature	18 Watercolor 8:30 Today's Current Events 9:00 Chair Exercise 10:30 Walkers Club 10:30 Flower Arranging 1:00 Joy of Watercolor 1:00 Velcro Catch 2:00 Unlock the Memories 3:30 Biography Club 6:00 Silver Screen Feature	19 Bus Ride 8:30 Today's Current Events 9:00 Joints in Motion 10:30 Walkers Club 10:30 Scenic Van Ride 10:30 Sing Along 1:00 Balloon Badminton 2:00 <i>I Love Lucy</i> Comedy 3:30 BINGO 6:00 Silver Screen Feature	20 National Ice Cream Soda Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Ice Cream Flavor Scramble 1:00 Chip Chucking Game 2:00 Movement Made Easy 3:30 Ice Cream Sodas and 50's Trivia 6:00 Silver Screen Feature
21 Music with Sonny 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 11:00 Spiritual Readings & Hymns 1:00 Indoor Bocce Ball 2:00 <i>I Love Lucy</i> Comedy 3:30 Music with Sonny! 6:00 Silver Screen Feature	22 Bingo 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on a Leash 11:00 Animal Study Group 1:00 Bean Bag Toss Challenge 2:00 Sing Along with Instruments 3:30 BINGO 6:00 Silver Screen Feature	23 Music with Lew 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Name 5 Game 12:00 Ladies Lunch with Carmen 1:00 Parachute Fun 1:45 Biography Club 3:30 Piano Sing Along with Lew 6:00 Silver Screen Feature	24 Travelogue 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 Bus Trip: Craftsmanship Museum 1:00 Horseshoe Fun 2:00 Bat the Balloon 3:30 Travelogue Club: Sights & Tastes of Madagascar 6:00 Silver Screen Feature	25 Red Hat Club/ Chef's Table 8:30 Today's Current Events 9:00 Chair Exercise 10:30 Walkers Club 10:30 Flower Arranging 1:00 Balloon Badminton 1:30 Red Hat Club 3:30 Flower Arranging 5:00 Chef's Table 6:00 Silver Screen Feature	26 Bingo 8:30 Today's Current Events 9:00 Joints in Motion 10:30 Walkers Club 10:30 Scenic Van Ride 10:30 <i>Is that your Final Answer?</i> 1:00 Textured Ball Catch 2:00 The Big Band Years 3:30 BINGO 6:00 Silver Screen Feature	27 National Cowboy Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:30 Walkers Club 10:30 Word Scramblers 1:00 Bowling with Friends 1:30 Making S'mores 3:30 Cowboy Facts and Fun 6:00 Silver Screen Feature
28 Milk Chocolate Day/ Birthday Celebration 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walkers Club 10:30 Spiritual Reading & Hymns 1:15 Music and Birthday Celebration with Almario 3:30 History of Chocolate & Sampling 6:00 Silver Screen Feature	29 Bingo 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on a Leash 11:00 Animal Study 1:00 Balloon Badminton 1:30 BIBLE STUDY 2:00 Unlock the Memories 3:30 BINGO 6:00 Silver Screen Feature	30 Music with Lew 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Brain Games 1:00 Horseracing Game 1:45 Biography Club 3:30 Piano Sing Along with Lew 6:00 Silver Screen Feature	31 Resident in the Spotlight 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 Bus Trip: Rancho Santa Fe 1:00 Bocce Ball 2:00 Timeless Trivia 3:30 Resident in the Spotlight 6:00 Silver Screen Feature			

Activities are subject to change without notice.