



ActivCare Daily Activities

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Neighborhood Walks

Creative Arts

Special Events

January 1 New Year's Day

January 21 Martin Luther King Jr. Day

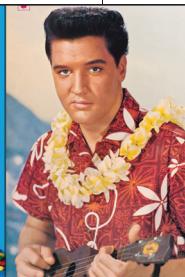
January 23 Nat'l Pie Day

January 29 Birthday Celebration



ActivCare at Bressi Ranch January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year! 8:30 Tournament of Roses Parade! 9:00 Taking Down the Tree 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 New Year's Quotes and Resolutions 12:00 Lunch 1:15 New Year's Music w/ Rosemarie 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	2 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Van Ride 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Wheel of Fortune Game 12:00 Lunch 1:00 Bat the Balloon Game 2:00 You Be the Judge 3:00 Dessert & Coffee Social 3:30 Travelogue Club: Tastes and Sights of Vermont 6:00 Moonlight Movie	3 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging Club 12:00 Men's Lunch w/ Anthony 1:00 Bowing Challenge 2:00 Unlock the Memories: 1950 3:00 Dessert and Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	4 Spaghetti Day 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club 10:30 Spaghetti Art 12:00 Lunch 1:00 Balloon Volleyball 2:00 Sing-Along w/ Suzie Q. 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	5 8:30 Today in History 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 First Ladies of America 12:00 Lunch 1:00 Indoor Shoeshoes 2:00 Balloon Badminton 3:00 Dessert & Coffee Social 3:30 Creative Writing Club 6:00 Moonlight
6 8:30 Today's Current Events 9:00 Get Fit w/ Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Spiritual Hymns and Readings 12:00 Lunch 1:00 Bat the Balloon Game 1:00 Football and Snacks in Bressi Club 2:00 Movement Made Easy 3:00 Dessert & Coffee Social 3:30 Colored Pencil Relaxation 6:00 Moonlight Movie	7 8:30 Local News 9:00 Chair Yoga 9:40 Intergenerational Visit w/ Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 12:00 Lunch 1:00 Musicstration! 2:00 Finish the Phrase 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	8 Elvis Presley's Birthday 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Club: Elvis 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Name the Game 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Elvis Movie	9 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Van Ride 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Name 5 Game 11:00 Notes of Hope Singing Group 12:00 Lunch 1:00 Toss and Talk Trivia Ball 2:00 Sing-Along w/ Instruments 3:00 Dessert & Coffee Social 3:30 Crafting Corner: Fun w/ Clay 6:00 Moonlight Movie	10 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging Club 12:00 Men's Lunch w/ Anthony 1:00 Indoor Bowling 1:30 Red Hat Club 2:00 Sing Along 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	11 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 White Board Games 12:00 Lunch 1:00 Balloon Volleyball 2:00 Is that Your Final Answer? 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	12 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Magazine Search Game 12:00 Lunch 1:00 Chip Chuckin' Game 2:00 Big Band and Jazz Era 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Guacamole 6:00 Moonlight Movie
13 Eagle Day 8:30 Today's Current Events 9:00 Stretch w/ Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Bowling Fun 1:00 Football and Snacks in Bressi Club 2:00 Timeless Trivia 3:00 Dessert and Coffee Social 3:30 Animal Study: Eagles 6:00 Moonlight Movie	14 8:30 Local News 9:00 Chair Yoga w/ Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 12:00 Lunch 1:00 Bocce Ball 2:00 Name that Tune 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	15 Fig Newton Day 8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Balloon Badminton 12:00 Lunch 1:00 "Basketball" Competition 2:00 Fig Newton Snacks & Trivia 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	16 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Van Ride 10:30 Walker's Club 10:30 Pictionary Challenge 12:00 Lunch 1:00 "Basketball" Competition 2:00 Fig Newton Snacks & Trivia 3:00 Dessert & Coffee Social 3:30 Penny Ante Game 6:00 Moonlight Movie	17 Ben Franklin Day 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Music w/ Phil Gates 12:00 Men's Lunch w/ Anthony 1:00 Joy of Watercolor w/ Peggy 2:00 Scenic Cruises of the World 3:00 Dessert & Coffee Social 3:30 Ben Franklin Biography 6:00 Moonlight Movie	18 Cary Grant's Birthday 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Cary Grant Biography 12:00 Lunch 1:00 Tic Tac Toe Toss 2:00 Horse Racing Game 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	19 Popcorn Day 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Popcorn Trivia and Sampling 12:00 Lunch 1:00 Bean Bag Toss Game 2:00 Chicken Soup for the Soul 3:00 Dessert & Coffee Social 3:30 Unlock the Memories: 1950's 6:00 Moonlight Movie
20 Cheese Lover's Day 8:30 Today's Current Events 9:00 Get Fit w/ Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns & Readings 12:00 Lunch 1:00 Balloon Volleyball 1:00 Football and Snacks in Bressi Club 2:00 Tai Chi Made Easy 3:00 Dessert & Coffee Social 3:30 History of Cheese and Sampling 6:00 Moonlight Movie	21 Martin Luther King Jr. Day 8:30 Local News 9:00 Chair Yoga w/ Carmen 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Martin Luther King Jr. Biography 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	22 8:30 Today's News 9:00 Body in Motion Exercise 9:40 Intergenerational Visit w/ Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walker's Club 12:00 Lunch 1:00 Balloon Badminton 1:30 Large Card Trivia 2:00 Afternoon Stretch 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	23 National Pie Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 9:40 Intergenerational Visit w/ Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Scenic Van Ride 10:30 Walkers Club 10:30 Flower Arranging Club 12:00 Men's Lunch w/ Anthony 1:15 Violin Music w/ John 1:30 Word Scramblers 2:00 Lunch 1:00 Bowing Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Cooking for the Senses: Homemade Pie 6:00 Moonlight Movie	24 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Scenic Van Ride 10:30 Walkers Club 10:30 Word Scramblers 12:00 Lunch 1:00 Balloon Badminton 1:30 Reminiscing Stories 2:00 Biography Club 6:00 Moonlight Movie	25 8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Parachute Circle / Trivia Ball 12:00 Lunch 1:00 Fun w/ Horseshoes 2:00 Sentimental Reflections 3:00 Dessert & Coffee Social 3:30 Walk to Frazee Yogurt Shop or Sing-Along w/ Instruments 6:00 Moonlight Movie	26 8:30 Today Show 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Parachute Circle / Trivia Ball 12:00 Lunch 1:00 Fun w/ Horseshoes 2:00 Blue Hawaii 3:00 Dessert & Coffee Social 3:30 14 Great Songs 6:00 Moonlight Movie
27 Chocolate Cake Day 8:30 Today's Current Events 9:00 Stretch w/ Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Hymns and Readings 12:00 Lunch 1:00 Bean Bag Toss Challenge 1:00 Football and Snacks in Bressi Club 2:00 Sentimental Reflections or Gardening 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Wacky Chocolate Cake 6:00 Moonlight Movie	28 8:30 Local News 9:00 Chair Yoga w/ Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 12:00 Lunch 1:00 Bowling Fun 2:00 Wheel of Fortune Game 2:00 Book Study 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	29 Birthday Party 8:30 Today's News 9:00 Body in Motion Exercise 9:30 Intergenerational Visit w/ Pacific Ridge Students 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 White Board Brain Games 12:00 Ladies Lunch w/ Carmen 1:15 Birthday Party w/ Almarisol 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie	30 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Van Ride 10:30 Walkers Club 10:30 Cereal Stringing for the Birds 12:00 Lunch 1:00 Fishing Game 2:00 I Love Lucy Comedy 3:00 Dessert & Coffee Social 3:30 Resident in the Spotlight 6:00 Moonlight Movie	31 8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Flower Arranging Club 12:00 Lunch 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 Lawrence Welk 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie	 	Activities are subject to change without notice.