



ActivCare Daily Activities



ActivCare at Bressi Ranch January 2019



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p> <p>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</p>	 <p>2</p> <p>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 Musicalation! 2:00 <i>Finish the Phrase</i> 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>1 Happy New Year!</p> <p>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</p>	<p>2</p> <p>8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Van Ride 10:30 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging Club 12:00 Lunch 1:00 Bat the Balloon Game 2:00 You Be the Judge 3:00 Dessert & Coffee Social 3:30 Traveltique Club: Tastes and Sights of Vermont 6:00 Moonlight Movie</p>	<p>3</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging Club 12:00 Lunch 1:00 Men's Lunch w/ Anthony 2:00 Unlock the Memories: 1950 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</p>	<p>4 Spaghetti Day</p> <p>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</p>	<p>5</p> <p>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 Horseshoes 2:00 Balloon Badminton 3:00 Dessert & Coffee Social 3:30 Creative Writing Club 6:00 Moonlight</p>
<p>6</p> <p>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</p>	<p>7</p> <p>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 Musicalation! 2:00 <i>Finish the Phrase</i> 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>8 Elvis Presley's Birthday</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Walker's Club 10:30 Biography Club: Elvis 12:00 Lunch 1:00 Bean Bag Toss Challenge 2:00 Name the State Game 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Elvis Movie</p>	<p>9</p> <p>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</p>	<p>10</p> <p>8:30 CNN 9:00 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging Club 12:00 Lunch 1:00 Men's Lunch w/ Anthony 2:00 Sing Along 3:00 Dessert and Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</p>	<p>11</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit and Coffee Social 10:30 Walker's Club 10:30 White Board Games 12:00 Lunch 1:00 Balloon Volleyball 2:00 <i>Is that Your Final Answer?</i> 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>12</p> <p>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</p>
<p>13 Eagle Day</p> <p>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</p>	<p>14</p> <p>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</p>	<p>15 Fig Newton Day</p> <p>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 and Trivia 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>16</p> <p>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 Movement Made Easy 2:00 Hangman Challenge 3:00 Dessert & Coffee Social 3:30 Penny Ante Game 6:00 Moonlight Movie</p>	<p>17 Ben Franklin Day</p> <p>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 Lunch 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</p>	<p>18 Cary Grant's Birthday</p> <p>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</p>	<p>19 Popcorn Day</p> <p>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 <i>Chicken Soup for the Soul</i> 3:00 Dessert & Coffee Social 3:30 Unlock the Memories: 1950's 6:00 Moonlight Movie</p>
<p>20 Cheese Lover's Day</p> <p>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</p>	<p>21 Martin Luther King Jr. Day</p> <p>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</p>	<p>22</p> <p>8:30 Today's News 9:00 Body in Motion Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Pamper Me Lovely "Spa" and Jewelry Activity/ or Indoor Golf 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</p>	<p>23 National Pie Day</p> <p>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 Word Scramblers 12:00 Lunch 1:00 Bowling Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Cooking for the Senses: Homemade Pie 6:00 Moonlight Movie</p>	<p>24</p> <p>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 Men's Lunch w/ Anthony 2:00 Violin Music w/ John 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</p>	<p>25</p> <p>8:30 Morning News 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Brain Games 12:00 Lunch 1:00 Balloon Badminton 2:00 <i>Reminiscing</i> Stories 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>26</p> <p>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 <i>Sentimental Reflections</i> 3:00 Dessert & Coffee Social 3:30 Walk to Frozen Yogurt Shop or Sing-Along w/ Instruments 6:00 Moonlight Movie</p>
<p>27 Chocolate Cake Day</p> <p>8:30 Today's Current Events 9:00 Stretch w/ Glenna 10:00 Fruit & Coffee Social 10:30 Walkers 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 <i>Sentimental Reflections</i> or Gardening 3:00 Dessert & Coffee Social 3:30 In the Kitchen: Wacky Chocolate Cake 6:00 Moonlight Movie</p>	<p>28</p> <p>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 Bible Study 3:00 Dessert and Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>29 Birthday Party</p> <p>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 Lunch 1:00 Ladies Lunch w/ Carmen 1:15 Birthday Party w/ Almaria! 2:00 Finish the Rhyme Game 3:00 Dessert & Coffee Social 3:30 Bingo! 6:00 Moonlight Movie</p>	<p>30</p> <p>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>I Love Lucy</i> Comedy 3:00 Dessert & Coffee Social 3:30 Resident in the Spotlight 6:00 Moonlight Movie</p>	<p>31</p> <p>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 <i>Laurence Welk</i> 3:00 Dessert & Coffee Social 3:30 Biography Club 6:00 Moonlight Movie</p>	  	

Activities are subject to change without notice.