



## ActivCare Daily Activities



# ActivCare at Bressi Ranch March 2019



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

## Special Events









**March 5**  
Mardi Gras Party

**March 17**  
St. Patrick's Day

**March 19**  
Tea for Two Tuesday

**March 28**  
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>Daily Activities<div>10:00 Fruit &amp; Coffee Social</div><div>12:00 Lunch</div><div>3:00 Dessert &amp; Coffee Social</div><div>5:00 Dinner</div></div> 	<div>1 National Pig Day<div>8:30 Morning News</div><div>9:00 Joints in Motion</div><div>10:30 Walker's Club</div><div>10:30 Animal Study: All about Pigs</div><div>1:00 Balloon Volleyball</div><div>1:30 Is that Your Final Answer?</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>2 Rock Painting<div>8:30 Today Show</div><div>9:00 Saturday Seated Exercise</div><div>10:30 Walker's Club</div><div>10:30 Crafting: Painting Rocks</div><div>1:00 Indoor Bocce Ball</div><div>2:00 Pat Boone's America</div><div>3:30 First Ladies of America</div><div>6:00 Silver Screen Feature</div></div>
<div>3 Mardi Gras Masks<div>8:30 Today's Current Events</div><div>9:00 Get Fit w/ Glenna</div><div>10:30 Walker's Club</div><div>10:30 Spiritual Hymns and Readings</div><div>1:00 Bean Bag Toss</div><div>2:00 Unlock the Memories: 1940's</div><div>3:30 Crafting: Mardi Gras Masks</div><div>6:00 Silver Screen Feature</div></div>	<div>4 Musicstation<div>8:30 Local News</div><div>9:00 Chair Yoga w/ Carmen</div><div>10:30 Walker's Club</div><div>10:30 Holy Communion</div><div>10:30 Love on Leash Dog Therapy</div><div>11:00 Animal Study Group</div><div>1:00 Entertainment: Musicstation!</div><div>2:00 Finish the Sentence Game</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>5 Mardi Gras<div>8:30 Today's News</div><div>9:00 Body in Motion Exercise</div><div>10:30 Walker's Club</div><div>10:30 Brain Games</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Bean Bag Toss Challenge</div><div>2:00 Chicken Soup for the Soul</div><div>3:30 Mardi Gras Party &amp; Piano Sing-Along w/ Lou</div><div>6:00 Silver Screen Feature</div></div>	<div>6 Ash Wednesday<div>8:30 Good Morning America</div><div>9:00 Light N' Lively Exercise</div><div>10:30 Walker's Club</div><div>10:30 Scenic Van Trip</div><div>10:30 Name 10 Game</div><div>1:00 Indoor Bocce Ball</div><div>2:00 Interactive Trivia</div><div>3:30 Crafting Club: St. Patrick's Day Door Hanger</div><div>6:00 Silver Screen Feature</div></div>	<div>7 Music with Steve<div>8:30 CNN</div><div>9:00 Chair Exercises</div><div>10:30 Walker's Club</div><div>10:30 Flower Arranging</div><div>10:30 Shoulder Massage w/ Les</div><div>12:00 Men's Lunch w/ Anthony</div><div>1:00 Name the State</div><div>1:30 Music w/ Steve Grubbs</div><div>3:30 History Club</div><div>6:00 Silver Screen Feature</div></div>	<div>8 Bingo<div>8:30 Morning News</div><div>9:00 Joints in Motion</div><div>10:30 Walker's Club</div><div>10:30 Balloon Badminton</div><div>1:00 Velcro Catch</div><div>2:00 Movement Made Easy</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>9 Working with Clay<div>8:30 Today Show</div><div>9:00 Saturday Seated Exercise</div><div>10:30 Walker's Club</div><div>10:30 Working w/ Clay</div><div>1:00 Circle Kick Ball</div><div>2:00 Movement Made Easy</div><div>3:30 Sing-Along w/ Instruments</div><div>6:00 Silver Screen Feature</div></div>
<div>10 Daylight Saving Time Begins<div>8:30 Today's Current Events</div><div>9:00 Stretch w/ Glenna</div><div>10:30 Walker's Club</div><div>10:30 Spiritual Hymns &amp; Readings</div><div>1:00 Horseshoeing Game</div><div>2:00 Is that Your Final Answer?</div><div>3:30 Fun w/ Beading</div><div>6:00 Silver Screen Feature</div></div>	<div>11 Johnny Appleseed Day<div>8:30 Local News</div><div>9:00 Chair Yoga w/ Carmen</div><div>9:45 Intergenerational Visit w/ Pacific Ridge Students</div><div>10:30 Walker's Club</div><div>10:30 Holy Communion</div><div>10:30 Love on Leash Dog Therapy</div><div>11:00 Animal Study Group</div><div>1:00 Bocce Ball</div><div>2:00 Biography Club: Johnny Appleseed</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>12 Plant a Flower Day<div>8:30 Today's News</div><div>9:00 Body in Motion Exercise</div><div>10:30 Walker's Club</div><div>10:30 Tabletop Gardening</div><div>10:30 Shoulder Massage w/ Les</div><div>12:00 Ladies Lunch w/ Carmen</div><div>1:00 Chip Chuckin' Game</div><div>1:30 I Hear Memories</div><div>3:30 Piano Sing-Along w/ Lou</div><div>6:00 Silver Screen Feature</div></div>	<div>13 Creative Writing<div>8:30 Good Morning America</div><div>9:00 Light N' Lively Exercise</div><div>10:30 Walker's Club</div><div>10:30 Scenic Van Trip</div><div>10:30 Sing-Along w/ Suzie Q</div><div>1:00 Movement Made Easy</div><div>2:00 Just a Moment! Meditations</div><div>3:30 Creative Writing</div><div>6:00 Silver Screen Feature</div></div>	<div>14 National Potato Chip Day<div>8:30 CNN</div><div>9:00 Chair Exercises</div><div>10:30 Walker's Club</div><div>10:30 Scenic Van Trip</div><div>10:30 Sing-Along w/ Phil Gates</div><div>10:30 Music w/ Phil Gates</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Toss N' Talk Trivia Ball</div><div>1:30 Red Hat Club</div><div>2:00 Sing-Along</div><div>3:30 History of Potato Chips and Sampling</div><div>6:00 Silver Screen Feature</div></div>	<div>15 Bingo<div>8:30 Morning News</div><div>9:00 Joints in Motion</div><div>10:30 Walker's Club</div><div>10:30 White Board Games/Flower Arranging</div><div>1:00 Indoor Horseshoes</div><div>2:00 Laugh w/ I Love Lucy</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>16 Resident in the Spotlight<div>8:30 Today Show</div><div>9:00 Saturday Seated Exercise</div><div>10:30 Walker's Club</div><div>10:30 Name 5 Game</div><div>1:00 Balloon Badminton</div><div>2:00 Animal Study Group</div><div>3:30 Resident in the Spotlight</div><div>6:00 Silver Screen Feature</div></div>
<div>17 St. Patrick's Day<div>8:30 Today's Current Events</div><div>9:00 Get Fit w/ Glenna</div><div>10:30 Walker's Club</div><div>10:30 Spiritual Hymns &amp; Readings</div><div>12:00 Irish Lunch</div><div>1:00 St. Patrick's Day Party Music w/ Rosemarie!</div><div>2:00 Truth or Blarney</div><div>3:30 In the Kitchen: Irish Soda Bread</div><div>6:00 Silver Screen Feature</div></div>	<div>18 Bingo<div>8:30 Local News</div><div>9:00 Chair Yoga w/ Carmen</div><div>10:30 Walker's Club</div><div>10:30 Holy Communion</div><div>10:30 Love on Leash Dog Therapy</div><div>11:00 Animal Study Group</div><div>1:00 Bean Bag Toss Challenge</div><div>2:00 Guess Who I Am?</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>19 Tea for Two Tuesday<div>8:30 Today's News</div><div>9:00 Body in Motion Exercise</div><div>10:30 Walker's Club</div><div>10:30 Tea for Two Craft</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Sing-Along</div><div>2:00 Spring Poetry Circle</div><div>3:30 Piano Sing-Along w/ Lou</div><div>6:00 Silver Screen Feature</div></div>	<div>20 First Day of Spring<div>8:30 Good Morning America</div><div>9:00 Light N' Lively Exercise</div><div>10:30 Walkers Club</div><div>10:30 Scenic Van Trip</div><div>10:30 Word Scramblers</div><div>1:00 Bowling Challenge</div><div>2:00 Finish the Phrase Game</div><div>3:30 In the Kitchen: Spring Dirt Cups</div><div>6:00 Silver Screen Feature</div></div>	<div>21 Joy of Watercolor<div>8:30 CNN</div><div>9:00 Chair Exercises</div><div>10:30 Walker's Club</div><div>10:30 Flower Arranging</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Joy of Watercolor w/ Peggy</div><div>1:00 Sing-Along</div><div>2:00 Indoor Horseshoes</div><div>3:30 Violin Concert w/ John!</div><div>6:00 Silver Screen Feature</div></div>	<div>22 Bingo<div>8:30 Morning News</div><div>9:00 Joints in Motion</div><div>10:00 Fruit &amp; Coffee Social</div><div>10:30 Walker's Club</div><div>10:30 Brain Games</div><div>1:00 Balloon Badminton</div><div>2:00 Unlock the Memories: Big Band Era</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>23 Penny Ante<div>8:30 Today Show</div><div>9:00 Saturday Seated Exercise</div><div>10:30 Walker's Club</div><div>10:30 Wheel of Fortune Challenge</div><div>1:00 Bat the Balloon</div><div>2:00 Disney's EARTH</div><div>3:30 Penny Ante Game</div><div>6:00 Silver Screen Feature</div></div>
<div>24 Popcorn and Trivia<div>8:30 Today's Current Events</div><div>9:00 Stretch w/ Glenna</div><div>10:30 Walkers Club</div><div>10:30 Spiritual Hymns and Readings</div><div>1:00 Kick Ball Challenge</div><div>1:30 Popcorn and Trivia</div><div>3:30 Colored Pencils/ Puzzles/ Tabletop Games</div><div>6:00 Silver Screen Feature</div></div>	<div>25 Waffle Day<div>8:30 Local News</div><div>9:00 Chair Yoga w/ Carmen</div><div>9:45 Intergenerational Visit w/ Pacific Ridge Students</div><div>10:30 Walkers Club</div><div>10:30 Holy Communion</div><div>10:30 Love on Leash Dog Therapy</div><div>11:00 Animal Study Group</div><div>1:00 Parachute Activity</div><div>1:30 In the Kitchen: Waffles Bible Study</div><div>2:00 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>26 National Spinach Day<div>8:30 Today's News</div><div>9:00 Body in Motion Exercise</div><div>10:30 Walkers Club</div><div>10:30 In the Kitchen: Spinach Salad</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Bowling Fun</div><div>2:00 Finish the Rhyme Game</div><div>3:30 Piano Sing-Along w/ Lou</div><div>6:00 Silver Screen Feature</div></div>	<div>27 Travelogue<div>8:30 Good Morning America</div><div>9:00 Light N' Lively Exercise</div><div>10:30 Walkers Club</div><div>10:30 Scenic Van Trip</div><div>10:30 Colored Pencils or Tabletop Games</div><div>1:00 Balloon Badminton Challenge</div><div>2:00 Reminiscing Stories</div><div>3:30 Travelogue Club: History, Sights, and Tastes of Texas</div><div>6:00 Silver Screen Feature</div></div>	<div>28 Birthday Party<div>8:30 CNN</div><div>9:00 Chair Exercises</div><div>10:30 Walkers Club</div><div>10:30 March Birthday Celebration w/ Almar!</div><div>10:30 Shoulder Massage w/ Les</div><div>1:00 Flower Arranging</div><div>1:30 Red Hat Club</div><div>2:00 Timeless Trivia</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>29 Bingo<div>8:30 Morning News</div><div>9:00 Joints in Motion</div><div>10:30 Walker's Club</div><div>10:30 Name the 50 States</div><div>1:00 Bean Bag Toss Game</div><div>2:00 Scenic Cruises of the World</div><div>3:30 BINGO!</div><div>6:00 Silver Screen Feature</div></div>	<div>30 Spring Craft<div>8:30 Today Show</div><div>9:00 Saturday Seated Exercise</div><div>10:30 Walker's Club</div><div>10:30 Finish the Rhyme Game</div><div>1:00 Toss and Talk Trivia Ball</div><div>2:00 Sing-Along w/ Instruments</div><div>3:30 Spring Craft</div><div>6:00 Silver Screen Feature</div></div>
<div>31 Biography Club<div>8:30 Today's Current Events</div><div>9:00 Stretch w/ Glenna</div><div>10:30 Walkers Club</div><div>10:30 Spiritual Hymns and Readings</div><div>1:00 Bean Bag Toss</div><div>2:00 Sentimental Reflections</div><div>3:30 Biography Club</div><div>6:00 Silver Screen Feature</div></div>						

Activities are subject to change without notice.