



ActivCare

Daily Activities

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*



ActivCare at Bressi Ranch

March 2019



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

Activities are subject to change without notice.