



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 8
Humane Society Visit





January 21
*Martin Luther
King Jr. Day*

January 30
Birthday Celebration



ActivCare at Mission Bay January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert and Coffee Social 3:30 Short Stories 6:00 Silver Screen Features</p>	 <p>7 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Jeopardy 2:00 Music Hour 2:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>1 New Year's Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Watch Rose Parade 1:15 Scenic Bus Ride 2:00 New Year's Day Trivia 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Watch Rose Bowl Football 6:00 Silver Screen Features Bus Ride: Mt. Soledad</p>	<p>2 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Laura Flores 3:00 Dessert and Coffee Social 3:30 Table Games 6:00 Silver Screen Features</p>	<p>3 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Pamper Me Lovely 1:00 Love on a Leash 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Arts and Crafts 6:00 Silver Screen Features</p>	<p>4 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>5 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Word Teasers 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p>13 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features</p>	<p>14 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Jeopardy 2:00 Sing-Along 3:00 Dessert Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>15 Nat'l Hat Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts: Hat Making 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features Bus Ride: La Jolla Cove</p>	<p>16 Disney Sing-Along 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Disney Sing-Along 3:00 Dessert and Coffee Social 3:30 Table Games 6:00 Silver Screen Features</p>	<p>17 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Pamper Me Lovely 1:00 Trivia Word Games 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Arts and Crafts 6:00 Silver Screen Features</p>	<p>18 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>19 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Balloon Tennis 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p>20 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features</p>	<p>21 Martin Luther King Jr. Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Martin Luther King Jr. Discussion 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>22 Nat'l Brownie Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts: Hat Making 1:00 Nat'l Brownie Day Discussion 2:00 Musical Instruments 3:00 Brownies & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features Bus Ride: Mission Bay</p>	<p>23 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Mark Flores 3:00 Dessert and Coffee Social 3:30 Table Games 6:00 Silver Screen Features</p>	<p>24 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Silver Screen Features</p>	<p>25 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>26 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Parachute 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p>27 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features</p>	<p>28 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Jeopardy 2:00 Music Hour 3:00 Dessert Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p>29 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features Bus Ride: Mt. Soledad</p>	<p>30 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Birthday Celebration 3:00 Dessert and Coffee Social 3:30 Sing-Along 6:00 Silver Screen Features</p>	<p>31 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Pamper Me Lovely 1:00 Trivia Word Games 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Arts and Crafts 6:00 Silver Screen Features</p>	 	

Activities are subject to change without notice.