



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

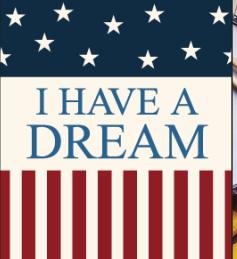
January 21
*Martin Luther
King Jr. Day*

January 30
Birthday Celebration



ActivCare at Mission Bay January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>1 New Year's Day</i></p> <p>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</p> <p><i>Bus Ride: Mt. Soledad</i></p>	<p><i>2 Special Music</i></p> <p>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><i>3 Pamper Me Lovely</i></p> <p>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 Arts and Crafts 6:00 Silver Screen Features</p>	<p><i>4 Bingo</i></p> <p>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 Bingo 6:00 Silver Screen Features</p>	<p><i>5 Catholic Communion</i></p> <p>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 Parachute 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bingo 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p><i>6 Sunday Service</i></p> <p>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 Bingo 6:00 Silver Screen Features</p>	<p><i>7 Bingo</i></p> <p>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 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p><i>8 Humane Society Visit</i></p> <p>8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Humane Society Visit 10:30 Scenic Bus Ride! Walkers Club 11:15 Senior Fitness w/ Robert 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</p> <p><i>Bus Ride: Sunset Cliffs</i></p>	<p><i>9 Special Music</i></p> <p>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/ Myron Frame 3:00 Dessert and Coffee Social 3:30 Table Games 6:00 Silver Screen Features</p>	<p><i>10 Love on a Leash</i></p> <p>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 Trivia 6:00 Silver Screen Features</p>	<p><i>11 Special Music</i></p> <p>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 1:00 Picnic Bus Ride 1:00 Parachute 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bingo</p>	<p><i>12 Catholic Communion</i></p> <p>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 Parachute 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bingo 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p><i>13 Sunday Service</i></p> <p>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><i>14 Bingo</i></p> <p>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 1:00 Jeopardy 2:00 Sing-Along 3:00 Dessert Coffee Social 3:30 Bingo 6:00 Silver Screen Features</p>	<p><i>15 Nat'l Hat Day</i></p> <p>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</p> <p><i>Bus Ride: La Jolla Cove</i></p>	<p><i>16 Disney Sing-Along</i></p> <p>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><i>17 Pamper Me Lovely</i></p> <p>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><i>18 Bingo</i></p> <p>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><i>19 Catholic Communion</i></p> <p>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 Bingo 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p><i>20 Sunday Service</i></p> <p>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><i>21 Martin Luther King Jr. Day</i></p> <p>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 Martin Luther King Jr. Discussion 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Silver Screen Features</p>	<p><i>22 Nat'l Brownie Day</i></p> <p>8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride! Walkers Club 11:15 Senior Fitness w/ Robert 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</p> <p><i>Bus Ride: Mission Bay</i></p>	<p><i>23 Special Music</i></p> <p>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><i>24 Love on a Leash</i></p> <p>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><i>25 Bingo</i></p> <p>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 Bingo 6:00 Silver Screen Features</p>	<p><i>26 Catholic Communion</i></p> <p>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 Bingo 4:00 Communion w/ Deacon Salvador 6:00 Silver Screen Features</p>
<p><i>27 Sunday Service</i></p> <p>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><i>28 Bingo</i></p> <p>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><i>29 Bus Ride</i></p> <p>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 1:00 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</p> <p><i>Bus Ride: Mt. Soledad</i></p>	<p><i>30 Birthday Celebration</i></p> <p>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 Birthday Celebration 3:00 Dessert and Coffee Social 3:30 Sing-Along 6:00 Silver Screen Features</p>	<p><i>31 Pamper Me Lovely</i></p> <p>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>Activities are subject to change without notice.</p>