



ActivCare Daily Activities



ActivCare at Bressi Ranch December 2018



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













Special Events

December 2
Hanukkah Begins

December 18
Family Christmas Party

December 25
Christmas Day

December 31
New Year's Eve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2 Hanukkah Begins 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walker's Club 10:30 Spiritual Hymns and Readings 1:00 Bocce Ball 1:00 Football & Snacks in Bressi Club 1:30 <i>Sentimental Reflections: Holiday Sing Along</i> 3:30 <i>Colored Pencil Relaxation: Holiday Pictures</i> 6:00 Silver Screen Feature</p>	 <p>3 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walker's Club 10:30 *Holy Communion 10:30 <i>Love on Leash Dog Therapy</i> 11:00 Animal Study 1:00 <i>Musiestation!</i> 2:00 <i>Hanukkah Craft: Making a Menorah</i> 3:30 BINGO 6:00 Silver Screen Feature</p>	 <p>4 National Cookie Day 8:30 Today's News 9:00 Body in Motion Exercise 9:45 <i>Intergenerational Visit w/ Pacific Ridge Students</i> 10:30 Walker's Club 10:30 <i>Trimming the Tree!</i> 1:00 Bean Bag Toss Challenge 12:45 <i>Notes of Hope Performance</i> 2:00 Reminiscing Club 3:30 Bingo 6:00 Silver Screen Feature</p>	 <p>5 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Drive 10:30 Walker's Club 10:30 Name 10 Game/ <i>Jewelry Sensory Activity</i> 1:00 Bat the Balloon Game 2:00 Brain Games 3:30 <i>Christmas Tree Craft</i> 6:00 Silver Screen Feature</p>	 <p>6 St. Nicholas Day 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 Flower Arranging Club 1:00 Indoor Bowling 12:00 <i>Men's Lunch w/Anthony</i> 1:30 Red Hat Club 2:00 Sentimental Reflections 3:30 <i>Biography Club: St. Nicholas</i> 6:00 Silver Screen Feature</p>	 <p>7 Pearl Harbor Remembrance Day 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 <i>Christmas Carolers</i> 10:45 White Board Games 1:00 Balloon Volleyball 2:00 <i>It's OK to Be Smart</i> Trivia 3:30 Bingo 6:00 Silver Screen Feature and Popcorn</p>	<p>1 8:30 Today in History 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:30 Holiday Harp Recital 11:00 Unlock the Memories 1:00 Toss and Talk Trivia Ball 1:30 <i>Crafting: Christmas Ornaments</i> 3:30 <i>Musical Performance with the Star Theater!</i> 6:00 Silver Screen Feature</p>
<p>9 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walker's Club 10:30 Spiritual Hymns & Readings 1:00 Balloon Badminton 1:00 Football & Snacks in Bressi Club 1:30 Holiday Trivia Fun 2:00 Toss and Talk Ball 3:30 <i>Short Holiday Stories</i> 6:00 Silver Screen Feature</p>	<p>10 Hanukkah Ends 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 <i>Intergenerational Visit w/ Pacific Ridge Students</i> 10:30 Walker's Club 10:30 *Holy Communion 10:30 <i>Love on Leash Dog Therapy</i> 11:00 Animal Study 1:00 Bocce Ball 1:30 Tic Tac Toe Toss 2:00 <i>Poinsettia History</i> 3:30 BINGO 6:00 Silver Screen Feature</p>	<p>11 8:30 Today's News 9:00 Light N' Lively Exercise 10:30 Walker's Club 10:30 <i>Crafting: Holiday Placemats</i> 12:00 <i>Ladies Lunch with Carmen</i> 1:00 "Basketball" Competition 1:30 Parachute Circle 2:00 Finish the Phrase 3:30 Bingo 6:00 Silver Screen Feature</p>	<p>12 Poinsettia Day 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Drive 10:30 Walker's Club 10:30 Games and Trivia 1:00 Movement Made Easy 2:00 Hangman Challenge 3:30 Sing Along 4:00 <i>Carlsbad Singers Company!</i> 6:00 Silver Screen Feature</p>	<p>13 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 <i>Music with Phil Gates</i> 11:00 <i>Joy of Watercolor with Peggy</i> 2:00 Timeless Trivia 3:30 Flower Arranging Club 4:00 <i>Carolers</i> 6:00 Silver Screen Feature</p>	<p>14 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 <i>Jazz Performance!</i> 1:00 Tic Tac Toe Toss 1:30 <i>Sing Along with Instruments</i> 3:30 Bingo 6:00 Silver Screen Feature and Popcorn</p>	<p>15 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 11:00 Harp Performance 1:00 Bean Bag Toss Game 1:30 Bat the Balloon Game 2:00 Finish the Rhyme 3:30 <i>Making Holiday Placemats</i> 6:00 Silver Screen Feature</p>
<p>16 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:30 Walker's Club 10:30 Spiritual Hymns & Readings 1:00 Parachute Circle 1:00 <i>Football & Snacks in Bressi Club</i> 1:30 Balloon Toss 2:00 <i>I Love Lucy Comedy</i> 3:30 <i>Christmas for the Birds: Pinecone Bird Feeders</i> 6:00 Silver Screen Feature</p>	<p>17 Birthday Celebration 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walker's Club 10:30 *Holy Communion 10:30 <i>Love on Leash Dog Therapy</i> 11:00 Animal Study 1:00 Bean Bag Toss Challenge 1:15 <i>Music and Birthday Celebration w/ Sonny!</i> 3:30 BINGO 6:00 Silver screen Feature</p>	<p>18 Family Christmas Party! 8:30 Today's News 9:00 Light N' Lively Exercise 10:30 Walker's Club 10:30 <i>Family Christmas Party! Violin Music with John/ Visit with Santa/ Punch & Cookies</i> 1:00 Balloon Badminton 1:30 Large Card Trivia 3:30 Afternoon Stretch 3:30 Bingo 6:00 Silver Screen Feature</p>	<p>19 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Drive 10:30 Walkers Club 10:30 Bat the Balloon 11:00 White Board Games 1:00 Unlock the Memories 1:30 <i>Caroling with the Singing Seniors</i> 3:30 <i>Classical Academy Singers</i> 6:00 Silver Screen Feature</p>	<p>20 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 <i>Christmas Sensory Basket</i> 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 <i>Ozzie and Harriet's Christmas</i> 3:30 Flower Arranging Club 6:00 Silver Screen Feature</p>	<p>21 First Day of Winter 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 Brain Games 1:00 Balloon Badminton 2:00 <i>US State Capitals Game</i> 3:30 Bingo 6:00 Silver Screen Feature and Popcorn</p>	<p>22 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:30 Watercolor Fun 1:00 Bowling Challenge 2:00 <i>Piano Concert with Jeffery</i> 3:30 <i>Christmas Cupcake Decorating</i> 6:00 Silver Screen Feature</p>
<p>23 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 10:30 <i>Christmas Carols and Readings</i> 1:00 After Lunch Stretch 1:00 <i>Football & Snacks in Bressi Club</i> 1:30 Finish the Phrase 2:00 You Be the Judge 3:30 Beading Activity 6:00 Silver Screen Feature</p>	<p>24 Christmas Eve 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 *Holy Communion 10:30 <i>Love on Leash Dog Therapy</i> 11:00 Animal Study 1:00 Holiday Word Scramble 1:30 <i>In the Kitchen: Wassail</i> 2:00 <i>The Night Before Christmas</i> 3:30 <i>Christmas Eve BINGO</i> 6:00 Silver Screen Feature</p>	<p>25 Christmas Day 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walkers Club 10:30 Pamper Me Lovely for the Holiday Carol Sing Along 12:00 <i>Christmas Lunch</i> 1:30 <i>Christmas Music Celebration w/ Almaria</i> 2:15 <i>Hot Chocolate and Cookies</i> 3:30 Christmas BINGO 6:00 Silver Screen Feature</p>	<p>26 Kwanzaa Begins 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Drive 10:30 Walkers Club 10:30 <i>It's OK to be Smart</i> Trivia 1:00 Bean Bag Toss Game 1:30 Fishing Game 3:30 <i>Travelogue Club: Australia</i> 6:00 Silver Screen Feature</p>	<p>27 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 Flower Arranging Club 1:00 Sing Along 2:00 <i>Discussion: Famous Phrases</i> 3:30 <i>Resident in the Spotlight</i> 6:00 Silver Screen Feature</p>	<p>28 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 <i>Drum Circle!</i> 1:00 Chip Chuckin' Game 1:30 <i>Horse Racing Game</i> 2:00 Armchair Piles 3:30 Bingo 6:00 Silver Screen Feature and Popcorn</p>	<p>29 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 <i>Colored Pencil Activity/ Tabletop Games and Puzzles</i> 1:00 Balloon Badminton 2:00 Chicken Soup Stories 3:30 Biography Club 6:00 Silver Screen Feature</p>
<p>30 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 10:30 Spiritual Hymns & Readings 1:00 Bean Bag Toss 1:00 Football & Snacks in Bressi Club 1:30 <i>Sing Along with Suzie Q</i> 3:30 <i>Making New Years Hats</i> 6:00 Silver Screen Feature</p>	<p>31 New Year's Eve 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 *Holy Communion 10:30 <i>Love on Leash Dog Therapy</i> 11:00 Animal Study 1:00 Bowling Fun 2:00 <i>New Year's Resolutions</i> 2:00 Bible Study 3:30 <i>New Year's Eve Party!</i> 6:00 Silver Screen Feature</p>					

Activities are subject to change without notice.