



ActivCare Daily Activities

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



ActivCare at Bressi Ranch

December 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 Crafting: Christmas Ornaments 3:30 Musical Performance with the Star Theater! 6:00 Silver Screen Feature
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 Sentimental Reflections: Holiday Sing Along 3:30 Colored Pencil Relaxation: Holiday Pictures 6:00 Silver Screen Feature	3 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walker's Club 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 1:00 Musicistration! 2:00 Hanukkah Craft: Making a Menorah 3:30 BINGO 6:00 Silver Screen Feature	4 National Cookie Day 8:30 Today's News 9:00 Body in Motion Exercise 9:45 Intergenerational Visit w/ Pacific Ridge Students 10:30 Walker's Club 10:30 Trimming the Tree! 1:00 Bean Bag Toss Challenge 12:45 Notes of Hope Performance 2:00 Reminiscing Club 3:30 Bingo 6:00 Silver Screen Feature	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/ Jewelry Sensory Activity 1:00 Bat the Balloon Game 2:00 Brain Games 3:30 Christmas Tree Craft 6:00 Silver Screen Feature	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 Men's Lunch w/ Anthony 1:30 Red Hat Club 2:00 Sentimental Reflections 3:30 Biography Club: St. Nicholas 6:00 Silver Screen Feature	7 Pearl Harbor Remembrance Day 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 Christmas Carolers 1:00 Indoor Bocce Ball 1:00 Horseshoes 2:00 Timeless Trivia 3:30 First Ladies of the USA 6:00 Silver Screen Feature and Popcorn	8 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:30 Finish the Carol Game 1:00 Indoor Bocce Ball 1:00 Horseshoes 2:00 Timeless Trivia 3:30 First Ladies of the USA 6:00 Silver Screen Feature
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 Short Holiday Stories 6:00 Silver Screen Feature	10 Hanukkah Ends 8:30 Local News 9:00 Chair Yoga with 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 1:00 Tic Tac Toe Toss 2:00 Pointsettia History 3:30 BINGO 6:00 Silver Screen Feature	11 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Scenic Drive 10:30 Walker's Club 1:00 "Basketball" Competition 1:30 Parachute Circle 2:00 Finish the Phrase 3:30 Bingo 6:00 Silver Screen Feature	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 Carlsbad Singers Company! 6:00 Silver Screen Feature	13 8:30 CNN 9:00 Chair Exercises 10:30 Walker's Club 10:30 Music with Phil Gates 1:00 Joy of Watercolor with Peggy 2:00 Timeless Trivia 3:30 Flower Arranging Club 4:00 Carolers 6:00 Silver Screen Feature	14 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 Jazz Performance! 1:00 Tic Tac Toe Toss 1:30 Sing Along with Instruments 3:30 Bingo 6:00 Silver Screen Feature and Popcorn	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 Making Holiday Placemats 6:00 Silver Screen Feature
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 Football & Snacks in Bressi Club 1:30 Balloon Toss 2:00 I Love Lucy Comedy 3:30 Christmas for the Birds: Pinecone Bird Feeders 6:00 Silver Screen Feature	17 Birthday Celebration 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walker's Club 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 1:00 Bean Bag Toss Challenge 1:15 Music and Birthday Celebration w/ Sonny! 3:30 BINGO 6:00 Silver screen Feature	18 Family Christmas Party! 8:30 Today's News 9:00 Body in Motion Exercise 10:30 Walker's Club 10:30 Family Christmas Party! Violin Music with John! Visit with Santa/ Punch & Cookies 1:00 Balloon Badminton 1:30 Large Card Trivia 2:00 Afternoon Stretch 3:30 Bingo 6:00 Silver Screen Feature	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 Caroling with the Singing Seniors 3:30 Classical Academy Singers 6:00 Silver Screen Feature	20 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 Christmas Sensory Basket 1:00 Indoor Bocce Ball 1:30 Red Hat Club 2:00 Ozzie and Harriet's Christmas 3:30 Flower Arranging Club 6:00 Silver Screen Feature	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 Bocce Ball 2:00 US State Capitals Game 3:30 Bingo 6:00 Silver Screen Feature and Popcorn	22 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Walker's Club 10:30 Piano Concert with Jeffry 2:00 Piano Concert with Jeffry 3:30 Christmas Cupcake Decorating 6:00 Silver Screen Feature
23 8:30 Today's Current Events 9:00 Stretch with Glenna 10:30 Walkers Club 10:30 Christmas Carols and Readings 1:00 After Lunch Stretch 1:00 Football & Snacks in Bressi Club 1:30 Finish the Phrase 2:00 You Be the Judge 3:30 Reading Activity 6:00 Silver Screen Feature	24 Christmas Eve 8:30 Local News 9:00 Chair Yoga with Carmen 10:30 Walkers Club 10:30 *Holy Communion 10:30 Love on Leash Dog Therapy 11:00 Animal Study 1:00 Holiday Word Scramble 1:30 In the Kitchen: Wassail 2:00 The Night Before Christmas 3:30 Christmas Eve BINGO 6:00 Silver Screen Feature	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 Christmas Lunch 1:30 Christmas Music Celebration w/ Almarie 2:15 Hot Chocolate and Cookies 3:30 Christmas BINGO 6:00 Silver Screen Feature	26 Kwanzaa Begins 8:30 Good Morning America 9:00 Light N' Lively Exercise 10:30 Scenic Drive 10:30 Walkers Club 10:30 It's Ok to be Smart Trivia 1:00 Bean Bag Toss Game 1:30 Fishing Game 3:30 Travelogue Club: Australia 6:00 Silver Screen Feature	27 8:30 CNN 9:00 Chair Exercises 10:30 Walkers Club 10:30 Flower Arranging Club 1:00 Sing Along 2:00 Discussion: Famous Phrases 3:30 Resident in the Spotlight 6:00 Silver Screen Feature	28 8:30 Morning News 9:00 Joints in Motion 10:30 Walker's Club 10:30 Drum Circle! 1:00 Chip Chuckin' Game 1:30 Horse Racing Game 2:00 Armchair Pilates 3:30 Bingo 6:00 Silver Screen Feature and Popcorn	29 8:30 Today Show 9:00 Saturday Seated Exercise 10:30 Colored Pencil Activity/ Tabletop Games and Puzzles 1:00 Balloon Badminton 2:00 Chicken Soup Stories 3:30 Biography Club 6:00 Silver Screen Feature
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 Sing Along with Suzie Q 3:30 Making New Years Hats 6:00 Silver Screen Feature	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 Love on Leash Dog Therapy 11:00 Animal Study 1:00 Bowling Fun 2:00 New Year's Resolutions 2:00 Bible Study 3:30 New Year's Eve Party! 6:00 Silver Screen Feature	   	<i>Activities are subject to change without notice.</i>			