



ActivCare Daily Activities

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

Special Events

February 2
Groundhog Day

February 14
Valentine's Day







February 22
Red Hat Tea Party

February 27
Birthday Celebration



ActivCare at Rolling Hills Ranch February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   						
3 Drum Circle 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee 3:30 <i>Drum Circle</i> 4:30 Bingo 6:00 Popcorn Movie Night	4 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	5 Love on a Leash 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 <i>Love on a Leash</i> 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Musical Instruments	6 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	7 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	8 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 2 Questions Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	2 Groundhog Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Family Feud 2:00 <i>Arts & Craft</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Music Therapy
10 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:30 Bingo 6:00 Sing-Along	11 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	12 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Music w/ Juan Robles</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along	13 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Cooking for the Senses: Cherry Pie</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	14 Valentine's Day 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 12:00 <i>Special Couples Luncheon</i> 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	15 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Painting 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	16 Gardening 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 <i>Gardening</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Movie Night
17 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Sing-Along	18 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Puzzles 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	19 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 <i>Love on a Leash</i> 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Music w/ Lani Cubert</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along	20 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	21 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Ball Toss 4:00 Horseshoes 6:00 Music Therapy	22 Red Hat Tea Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Bowling 1:30 <i>Red Hat Tea Party</i> 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	23 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Family Feud 2:00 Bowling 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Movie Night
24 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Put Put Golf 2:00 Ring Toss 3:00 Dessert & Coffee Social 6:00 Sing-Along	25 Cahoot Trivia 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 <i>Cahoot Trivia</i> 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	26 SD Humane Society 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>San Diego Humane Society</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Sing-Along	27 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Cooking for the Senses: Strawberry Mousse</i> 3:00 <i>Birthday Celebration</i> 4:00 Prize BINGO 6:00 Movie Night	28 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	 	

Activities are subject to change without notice.