



## 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
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<b>1</b> 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 1:00 Painting 2:00 2 Questions Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	<b>2 Groundhog Day</b> 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 &amp; Craft</i> 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 6:00 Music Therapy
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### 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  
2:00 Horse Racing  
3:00 Dessert & Coffee Social  
3:30 *Drum Circle*  
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 Flower Arranging  
2:00 Bean Bag Toss  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *Love on a Leash*  
11:00 Walkers Club  
1:00 Flower Arranging  
2:00 Bean Bag Toss  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *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

### 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 *Pamper Me Lovely Spa Hour*  
6:00 Special Movie & Popcorn

### 9 Spa 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 Gardening  
2:00 Arts & Craft  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *Special Bus Ride*  
11:00 Walkers Club  
1:00 Flower Arranging  
2:00 *Music w/ Juan Robles*  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
6:00 Sing-Along

### 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 *Music w/ Juan Robles*  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *Cooking for the Senses: Cherry Pie*  
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 *Special Bus Ride*  
11:00 Ball Toss  
12:00 *Special Couples Luncheon*  
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 *Gardening*  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 Bingo  
6:00 Sing-Along

### 18

8:30 Today's Current Events  
9:15 Morning Stretches  
10:00 Fruit & Coffee Social  
11:00 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 *Love on a Leash*  
11:00 Walkers Club  
1:00 Flower Arranging  
2:00 *Music w/ Lani Calvert*  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *Special Bus Ride*  
11:00 Ball Toss  
1:00 Brain Games  
2:00 Bean Bag Toss  
3:00 Dessert & Coffee Social  
3:30 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 Trivia & Teasers  
11:00 Walkers Club  
1:00 Red Hat Tea Party  
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 *Pamper Me Lovely Spa Hour*  
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  
4:00 Bingo  
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 *Cahoot Trivia*  
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 *San Diego Humane Society*  
3:00 Dessert & Coffee Social  
4:00 *Pamper Me Lovely Spa Hour*  
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 *Cooking for the Senses: Strawberry Mousse*  
3:00 *Birthday Celebration*  
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.