



ActivCare

## Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

## Celebrations

March 11

Safari Express Visit

March 16

Music with Uncle Ralph

March 17

St. Patrick's Day Party

March 31

Birthday Celebration



# ActivCare at Bressi Ranch March 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>1 National Pig Day</i></p> <p>8:30 Local News 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Mental Floss 11:00 Spiritual Hymns &amp; Readings 1:00 Bowling Battle 2:00 White Board Brain Games 3:00 Dessert &amp; Coffee Social 3:30 Afternoon Stretch 6:00 Moonlight Movie</p>	<p><i>2 Old Stuff Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Moving to the Beat 10:00 Fruit &amp; Coffee Social <b>10:30 Music Station!!!</b> <b>*Holy Communion with Jean</b> 11:30 I Hear Memories 1:00 Horseshoes Competition 2:00 <i>Name That Car</i> Game 3:00 Dessert &amp; Coffee Social 3:30 BINGO Battle 6:00 Moonlight Movie</p>	<p><i>3 Nat'l Anthem Day</i></p> <p>8:30 Current Events 9:15 Chair Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Garden Stroll 11:00 Trivia Discussion <b>1:30 Yoga with Larisa</b> 2:00 Table Games-Yahtzee 3:00 Dessert &amp; Coffee Social 3:30 TailGate Toss 6:00 Moonlight Musical</p>	<p><i>4 Hug a GI Day</i></p> <p>8:30 Today in History 9:15 Chair Aerobics 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Garden Stroll 11:00 White Board Word Games 1:00 Chip Chuck Game Teams 2:00 Who am I Trivia 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</p>	<p><i>5 Multiple Personality Day</i></p> <p>8:30 News Report 9:15 Easy Yoga-Healthier Mind &amp; Body 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 It's O.K. to Be Smart-Trivia <b>1:30 Piano with Fountain</b> 2:30 Creative Art: <i>Making Clay Pots</i> 3:00 Dessert &amp; Coffee Social 3:30 Touch Therapy-Guess What? 6:00 Moonlight Movie</p>	<p><i>6 Dentist's Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Lively Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club / Nature Stroll 11:00 Trivia Pursuit-Discussion 1:00 Indoor Bocce Ball 2:00 Neighborhood Sing Along 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! <b>6:00 Happy Hour-Moonlight Movie</b></p>	<p><i>7 Nat'l Frozen Food Day</i></p> <p>8:30 Today's Current Events 9:15 Armchair Pilates 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Word Workouts-Brain Games 1:00 Big Strike Bowling 2:00 Games &amp; Trivia 3:00 Dessert &amp; Coffee Social 3:30 B.I.N.G.O Battle 6:00 Moonlight Movie</p>
<p><i>8 Women's Day</i></p> <p>8:30 Local News 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Mental Floss 11:00 Spiritual Hymns &amp; Readings 1:00 Bowling Battle 2:00 White Board Brain Games 3:00 Dessert &amp; Coffee Social 3:30 Afternoon Stretch 6:00 Moonlight Movie</p>	<p><i>9 Panic Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Moving to the Beat 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club/Courtyard Stroll <b>*Holy Communion with Jean</b> 11:00 <i>Love on Leash</i> Dog Therapy 1:00 Horseshoes Competition 2:00 <i>Big Band &amp; Jazz Era</i> 3:00 Dessert &amp; Coffee Social 3:30 BINGO Battle 6:00 Moonlight Movie</p>	<p><i>10 Middle Name Pride Day</i></p> <p>8:30 Current Events 9:15 Chair Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Garden Stroll 11:00 Pictionary Brain Games 1:00 TailGate Toss <i>Men vs. Women</i> 2:00 Name That Tune 3:00 Dessert &amp; Coffee Social <b>3:30 Creative Art: Shamrocks</b> 6:00 Moonlight Movie</p>	<p><i>11 Johnny Appleseed Day</i></p> <p>8:30 Today in History 9:15 Chair Aerobics 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Garden Stroll 11:00 White Board Word Games 1:00 Chip Chuck Game Teams <b>2:00 Safari Express Visit</b> 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</p>	<p><i>12 Plant a Flower Day</i></p> <p>8:30 News Report 9:15 Easy Yoga-Healthier Mind &amp; Body 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 Name 5 Brain Game 1:00 Basket Toss Game 2:00 Planting Flowers in our Clay Pots 3:00 Dessert &amp; Coffee Social <b>3:30 Super Smells-Guess What?</b> 6:00 Moonlight Musical</p>	<p><i>13 Jewel Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Lively Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Courtyard Stroll 11:00 White Board Brain Games 1:00 Indoor Bocce Ball 2:00 Neighborhood Sing Along 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! <b>6:00 Happy Hour-Moonlight Movie</b></p>	<p><i>14 National Pi Day</i></p> <p>8:30 Today's Current Events 9:15 Armchair Pilates 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 The Game of Silly Sayings 1:00 Big Strike Bowling 2:00 Creative Art: Fun with Water Colors 3:00 Dessert &amp; Coffee Social 3:30 B.I.N.G.O Battle 6:00 Moonlight Movie</p>
<p><i>15 Incredible Kid Day</i></p> <p>8:30 Local News 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Mental Floss 11:00 Spiritual Reading &amp; Hymns 1:00 Bowling Battle 2:00 White Board Brain Games 3:00 Dessert &amp; Coffee Social 3:30 Afternoon Stretch 6:00 Moonlight Movie</p>	<p><i>16 Freedom of Info Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Moving to the Beat 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club/Courtyard Stroll <b>*Holy Communion with Jean</b> 11:00 <i>Love on Leash</i> Dog Therapy <b>1:30 Music with Uncle Ralph</b> 2:30 <i>Reminisce Through The Decades</i> 3:00 Dessert &amp; Coffee Social 3:30 BINGO Battle 6:00 Moonlight Movie</p>	<p><i>17 St. Patrick's Day Party</i></p> <p>8:30 Current Events 9:15 Chair Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Garden Stroll 11:00 St. Patrick's Day Trivia <b>1:00 St. Patrick's Photo Booth Fun</b> 2:00 Pin The Nose on the Leprechaun 3:00 Dessert &amp; Coffee Social 3:30 <i>Music with Almario</i> 6:00 Moonlight Movie</p>	<p><i>18 Nat'l Agriculture Day</i></p> <p>8:30 Today in History 9:15 Chair Aerobics 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Garden Stroll 11:00 White Board Word Games <b>12:00 Ladies Lunch Bunch with Maria</b> 1:00 Chip Chuck Game Teams 2:00 Toss 'n Talk Trivia Ball 3:00 Dessert &amp; Coffee Social 3:30 <i>Music with Phil Gates</i> 6:00 Moonlight Movie</p>	<p><i>19 Poultry Day</i></p> <p>8:30 News Report 9:15 Easy Yoga-Healthier Mind &amp; Body 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 Trivia Pursuit- Genus <b>1:00 Cooking For The Senses: Irish Soda Bread</b> 2:00 Trivia Fun Facts 3:00 Dessert &amp; Coffee Social 3:30 Telling Jokes / Riddles 6:00 Moonlight Musical</p>	<p><i>20 International Earth Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Lively Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Courtyard Stroll 11:00 <i>Who Am I?</i> Trivia 1:00 Indoor Bocce Ball 2:00 Neighborhood Sing Along 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! <b>6:00 Happy Hour-Moonlight Movie</b></p>	<p><i>21 Fragrance Day</i></p> <p>8:30 Today's Current Events 9:15 Armchair Pilates 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Word Workouts-Brain Games 1:00 Big Strike Bowling 2:00 Creative Art: Fun with Water Colors 3:00 Dessert &amp; Coffee Social 3:30 B.I.N.G.O Battle 6:00 Moonlight Movie</p>
<p><i>22 Nat'l Goof Off Day</i></p> <p>8:30 Local News 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Mental Floss 11:00 Spiritual Reading &amp; Hymns 1:00 Bowling Battle 2:00 White Board Brain Games 3:00 Dessert &amp; Coffee Social 3:30 Afternoon Stretch 6:00 Moonlight Movie</p>	<p><i>23 Nat'l Chip &amp; Dip Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Moving to the Beat 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club/Courtyard Stroll <b>*Holy Communion with Jean</b> 11:00 <i>Love on Leash</i> Dog Therapy 1:00 Horseshoes Competition 2:00 <i>Around The WORLD</i> 3:00 Dessert &amp; Coffee Social 3:30 BINGO Battle 6:00 Moonlight Movie</p>	<p><i>24 Nat'l Chocolate Day</i></p> <p>8:30 Current Events 9:15 Chair Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Garden Stroll 11:00 Trivia Discussion <b>12:00 Men's Lunch Bunch w/ Uriel</b> 1:00 TailGate Toss 2:00 Brain Game Cards 3:00 Dessert &amp; Coffee Social 3:30 Table Games Social 6:00 Moonlight Movie</p>	<p><i>25 Waffle Day</i></p> <p>8:30 Today in History 9:15 Chair Aerobics 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Garden Stroll 11:00 White Board Word Games 1:00 Chip Chuck Game Teams <b>2:00 In The Kitchen-Celery Sticks</b> 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie</p>	<p><i>26 Nat'l Spinach Day</i></p> <p>8:30 News Report 9:15 Easy Yoga-Healthier Mind &amp; Body 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 <i>Name That Flower</i> Trivia 1:00 Basket Toss Game 2:00 Garden Get Together 3:00 Dessert &amp; Coffee Social 3:30 Telling Jokes / Riddles 6:00 Moonlight Musical</p>	<p><i>27 Nat'l "Joe" Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Lively Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Courtyard Stroll 11:00 Naming The States 1:00 Indoor Bocce Ball 2:00 Neighborhood Sing Along 3:00 Dessert &amp; Coffee Social 3:30 Prize BINGO! <b>6:00 Happy Hour-Moonlight Movie</b></p>	<p><i>28 Something on a Stick Day</i></p> <p>8:30 Today's Current Events 9:15 Armchair Pilates 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 <i>Where in the World?</i> Trivia 1:00 Big Strike Bowling 2:00 Creative Art: Fun with Water Colors 3:00 Dessert &amp; Coffee Social 3:30 B.I.N.G.O Battle Discussion Group 6:00 Moonlight Movie</p>
<p><i>29 Smoke &amp; Mirrors Day</i></p> <p>8:30 Local News 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Mental Floss 11:00 Spiritual Reading &amp; Hymns 1:00 Bowling Battle 2:00 White Board Brain Games 3:00 <i>Scenic Cruises of the World</i> 3:30 Afternoon Stretch 6:00 Moonlight Movie</p>	<p><i>30 Nat'l Doctor's Day</i></p> <p>8:30 Dear Abby Discussion 9:15 Moving to the Beat 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club/Courtyard Stroll <b>*Holy Communion with Jean</b> 11:00 <i>Love on Leash</i> Dog Therapy 1:00 Horseshoes Competition 2:00 <i>Scenic Cruises of the World</i> 3:00 Dessert &amp; Coffee Social 3:30 BINGO Battle 6:00 Moonlight Movie</p>	<p><i>31 March B-day Celebration!</i></p> <p>8:30 Current Events <b>9:15 Yoga with Larisa</b> 10:00 Fruit &amp; Coffee Social 10:30 Walk-About / Garden Stroll 11:00 Trivia Discussion 1:00 TailGate Toss 2:00 Creative Art: Flower Wreaths 3:00 Dessert &amp; Coffee Social 3:30 <i>Music with Almario-Birthday Celebration!!!</i> 6:00 Moonlight Movie</p>	<div> <div>Boys &amp; Girls Club Visit Mondays &amp; Tuesdays at 4:00 pm</div> <div>Pacific Ridge School Visit Mon or Tues. at 9:45 am</div> <div>Unless otherwise noted.</div> </div>			<p><b>Friday's Scenic Bus Rides</b></p> <p>Shadowridge Duck Pond Del Mar Oceanside Harbor Leo Carrillo Ranch San Elijo Hills Double Peak Hill</p>

Activities subject to change without notice.