



# ActivCare

## Daily Activities

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

## Celebrations

**September 9**

*Men's Lunch*

**September 16**

*Ladies Lunch*

**September 23**

*Birthday Celebration*

**September 30**

*County Hoedown*







happy  
grand  
parents day

# ActivCare at Bressi Ranch

## September 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>6 Read a Book Day</b> 8:30 Today in History & Current Events 9:15 Fitness Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 LUNCH 1:00 Bowling with Friends 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Afternoon Walk—About (Courtyard) 6:00 Moonlight Movie	 <b>7 Labor Day</b> 8:30 Dear Abby Discussion 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club <b>*Holy Communion with Christine</b> * Visit from Love on a Leash—Dog Therapy 12:00 Labor Day Lunch <b>1:00 Flag Dedication and Courtyard Stroll</b> 2:00 Table Top Games & Coloring 3:30 Dessert & Coffee Social <b>3:30 Labor Day Celebration with Almario</b> 6:00 Moonlight Movie	<b>1 Emma M. Nutt Day</b> 8:30 Today in History & Current Events 9:15 Fitness Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Wii Sports Game 12:00 LUNCH 1:00 Flower Arrangements 2:00 Games & Trivia 3:00 Dessert & Coffee Social 3:30 Trivia Discussion 6:00 Moonlight Movie	<b>2 VJ Day, WWII</b> 8:30 Dear Abby Discussion 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Horoscopes and Trivia 12:00 LUNCH 1:00 Indoor Bocce Ball 2:00 Unlock the Memories 3:00 Dessert & Coffee Social 3:30 Arts and Crafts 6:00 Moonlight Movie	<b>3 Skyscraper Day</b> 8:30 Today's Current Events 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Word Workouts—Brain Games 12:00 LUNCH <b>1:30 Joy of Watercolors with Peggy</b> 2:00 Games & Trivia 3:00 Dessert & Coffee Social 3:30 Trivia Discussion 6:00 Moonlight Movie	<b>4 Newspaper Carrier Day</b> 8:30 Today's Current Events 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Word Workouts—Brain Games 12:00 LUNCH 1:00 Ring Toss 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Balloon Volleyball <b>6:00 Moonlight Movie—Happy Hour</b>	<b>5 Cheese Pizza Day</b> 8:30 Today's Current Events 9:15 Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Word Workouts—Brain Games 1:00 Basket Toss <b>2:00 In the Kitchen—Pizza</b> 3:00 Dessert & Coffee Social 3:30 Arts & Crafts with Glenn 6:00 Lawrence Welk Show
<b>13 Grandparents Day</b> 8:30 Today in History & Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 LUNCH 1:00 Bowling with Friends 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Afternoon Walk—About (Courtyard) 6:00 Moonlight Movie	<b>14 Nat'l Cream-Filled Donut Day</b> 8:30 Dear Abby Discussion 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club <b>*Holy Communion with Christine</b> * Visit from Love on a Leash—Dog Therapy 12:00 LUNCH 1:00 A Game of Pictionary 2:00 The Best of the Cosby Show 3:00 Dessert & Coffee Social 3:30 Trivia Discussion 6:00 Moonlight Movie	<b>15 Make a Hat Day</b> 8:30 Today in History & Current Events 9:15 Fitness Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Wii Sports Game 12:00 LUNCH 1:30 Balloon Volleyball 2:00 I hear Memories 3:00 Dessert & Coffee Social <b>3:30 Creative Art: Making a Hat!!!</b> 6:00 Moonlight Movie	<b>16 Collect Rocks Day</b> 8:30 Dear Abby Discussion 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Horoscopes and Trivia <b>12:00 Ladies Lunch Bunch with Elva</b> 1:00 Indoor Bocce Ball 2:00 Unlock the Memories 3:00 Dessert & Coffee Social 3:30 Rock Show and Tell 6:00 Moonlight Movie	<b>17 Constitution Day</b> 8:30 Today in History 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 Trivia Pursuit—Genius 12:00 LUNCH <b>1:30 Helen Woodward—Animal Therapy</b> 2:00 Pictionary Game 3:00 Dessert & Coffee Social 3:30 Telling Jokes / Riddles 6:00 Moonlight Movie	<b>18 Nat'l Cheeseburger Day</b> 8:30 Today's Current Events 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Word Workouts—Brain Games 1:00 Basket Toss 1:00 Ring Toss <b>1:00 Trip to the Helen Woodward Ranch</b> 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Balloon Volleyball <b>6:00 Moonlight Movie—Happy Hour</b>	<b>19 Nat'l Butterscotch Pudding Day</b> 8:30 Today's Current Events 9:15 Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Word Workouts—Brain Games 1:00 Basket Toss 2:00 Zoo Video 3:00 Dessert & Coffee Social 3:30 Arts & Crafts with Glenn 6:00 Lawrence Welk Show
<b>20 National Punch Day</b> 8:30 Today in History & Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 LUNCH 1:00 Bowling with Friends 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Afternoon Walk—About (Courtyard) 6:00 Moonlight Movie	<b>21 Int'l Peace Day</b> 8:30 Dear Abby Discussion 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club <b>*Holy Communion with Christine</b> * Visit from Love on a Leash—Dog Therapy 12:00 LUNCH 1:00 Ball Catch—Hand-Eye-Coordination 2:00 Name that Car Game 3:00 Dessert & Coffee Social 3:30 Ring Toss Battle 6:00 Moonlight Movie	<b>22 Elephant Appreciation Day</b> 8:30 Today in History & Current Events 9:15 Fitness Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Wii Sports Game 12:00 LUNCH 1:00 Tie Tac Toe Battle 2:00 Different Types of Elephants—Talk 3:00 Dessert & Coffee Social 3:30 Chip Chuck Game 6:00 Moonlight Movie	<b>23 Birthday Party!!!</b> 8:30 Dear Abby Discussion 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Horoscopes and Trivia 12:00 LUNCH 1:00 Indoor Bocce Ball 2:00 Unlock the Memories 3:00 Dessert & Coffee Social 3:30 Arts and Crafts 6:00 Moonlight Movie	<b>24 Nat'l Cherries Jubilee Day</b> 8:30 Today in History 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Nature Stroll 11:00 Board Games—Naming The States 12:00 LUNCH 1:00 Whack the Balloon <b>2:00 Cooking for the Senses— with Chef Art</b> 3:00 Dessert & Coffee Social 3:30 Fun Facts ... 6:00 Moonlight Movie	<b>25 Nat'l Comic Book Day</b> 8:30 Today's Current Events 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Comic Books Discussion 12:00 LUNCH 1:00 Ring Toss 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Balloon Volleyball <b>6:00 Moonlight Movie—Happy Hour</b>	<b>26 Johnny Apple Seed Day</b> 8:30 Today's Current Events 9:15 Joints in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Johnny Applesseed Trivia 1:00 Balloon Volleyball 2:00 Armchair Pilates 3:00 Dessert & Coffee Social 3:30 Courtyard Walk—About 6:00 Lawrence Welk Show
<b>27 Crush a Can Day</b> 8:30 Today in History & Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Hymns & Readings 12:00 LUNCH 1:00 Bowling with Friends 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Afternoon Walk—About (Courtyard) 6:00 Moonlight Movie	<b>28 Nat'l Good Neighbor Day</b> 8:30 Dear Abby Discussion 9:15 Light N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club <b>*Holy Communion with Christine</b> * Visit from Love on a Leash—Dog Therapy 12:00 LUNCH <b>1:00 Trip to the Movie Theater</b> 2:00 White Board Brain Games 3:00 Dessert & Coffee Social 3:30 Fun with Water Colors 6:00 Moonlight Movie	<b>29 Confucius Day</b> 8:30 Today in History & Current Events 9:15 Fitness Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Wii Sports Game 12:00 LUNCH 1:00 Alphabet Soup 2:00 Seated Basket Toss 3:00 Dessert & Coffee Social 3:30 Ball Catch—Hand & Eye Coordination 6:00 Moonlight Movie	<b>30 Country Hoedown!!!</b> 8:30 Today's Current Events 9:15 Armchair Pilates 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Wild West Fun Facts 12:00 LUNCH 1:00 Chip Chuck Game Teams 2:00 Alphabet Soup 3:00 Dessert & Coffee Social <b>3:30 Country Hoedown Celebration</b> 6:00 Moonlight Movie	 	<b>Friday's Scenic Bus Rides</b> 10:30 am or 1:15 pm Shadowridge Duck Pond Del Mar / Solana Beach Oceanside Harbor Leo Carrillo Ranch Double Peak Hill Harmony Grove Moonlight Beach / Encinitas Vista Village	

Activities subject to change without notice.