



ActivCare at Bressi Ranch May 2016



ActivCare Daily Activities

Neighborhood Walks

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Creative Arts

Special Events

May 5

Cinco de Mayo

May 8

Mother's Day

May 24

Birthday Party

May 30

Memorial Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Time and Hymns 12:00 LUNCH 1:00 Indoor Bocce Ball 2:00 Mother Goose Day—Rhymes/Trivia 3:00 Dessert & Coffee Social 3:30 May Day Craft 6:00 Moonlight Movie	2 Siblings Day 8:30 Local News 9:00 Chair Yoga with Carmen 9:45 Pacific Ridge School Visits 10:00 Fruit & Coffee Social 10:30 Holy Communion 10:30 Love on a Leash Dog Therapy 11:00 White Board Games 12:00 LUNCH 1:00 Balloon Badminton 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Tea and Poetry Club 6:00 Moonlight Movie	3 Teacher's Day 8:30 Today's News 9:00 Body in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/Garden Watering 11:00 Reminiscence through the Years 12:00 LUNCH 1:00 Indoor Bocce Ball 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	4 Bird Day 8:30 Good Morning America 9:00 Lite N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Bird Facts and Fun 12:00 LUNCH 1:00 Bowling with Friends 1:30 Red Hat Club 2:00 Unlock the Memories -1940's 3:00 Dessert & Coffee Social 3:30 Biography Hour 6:00 Moonlight Movie	5 Cinco De Mayo 8:30 Today's Current Events 9:00 Chair Chi 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 It's Ok to be Smart Trivia 12:00 LUNCH 1:00 Indoor Horseshoe Game 1:15 Joy of Watercolor with Peggy 2:00 The Big Band Years 3:00 Dessert and Coffee Social 3:30 Cincro de Mayo Celebration 6:00 Moonlight Movie	6 National Nurses Day 8:30 CNN Live 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Ride 11:00 White Board Brain Games 12:00 LUNCH 1:00 Large Ring Toss Challenge 2:00 Neighborhood Sing Along 3:00 Mother's Day Tea 3:30 Prize Bingo 6:00 Moonlight Movie and Popcorn	7 Kentucky Derby Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club/Garden Stroll 11:00 Hat Making 12:00 LUNCH 1:00 Balloon Volleyball 2:00 Kentucky Derby Trivia 3:00 Dessert and Coffee Social 3:30 Kentucky Derby and Mint Juleps 6:00 Lawrence Welk Show
8 Mother's Day 8:30 Today's Current Events 9:00 Get Fit with Glenna 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Spiritual Time & Hymns 12:00 Mother's Day Lunch 1:00 Bean Bag Toss Game 2:00 Chicken Soup for the Soul Stories for Mothers 3:00 Dessert and Coffee Social 3:30 Mother's Day Violin Concert with John 6:00 Moonlight Movie	9 Lost Sock Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Holy Communion 10:30 Love on a Leash Dog Therapy 12:00 LUNCH 1:00 Bowling with Friends 2:00 White Board Games 3:00 Dessert & Coffee Social 3:30 Tea and Poetry Club 6:00 Moonlight Movie	10 Clean Your Room Day 8:30 Local News 9:00 Body in Motion—Exercise 9:45 Pacific Ridge School Visits 10:00 Fruit & Coffee Social 10:30 Walk-About /Garden Watering/ Bird Feeders 11:00 Name 5 Game 12:00 LUNCH 1:00 Bocce Ball Challenge 2:00 It's OK to be Smart Trivia 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	11 Receptionist Day 8:30 Good Morning America 9:00 Lite N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Nature Stroll 11:00 Brain Games 12:00 LUNCH 1:00 Balloon Badminton 1:30 Red Hat Club 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Biography Hour 6:00 Moonlight Movie	12 Nurse's Day 8:30 Today's Current Events 9:00 Chair Chi 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Discussion: Notable Nurses 12:00 LUNCH 1:30 Helen Woodward Animal Visit 3:00 Dessert & Coffee Social 3:30 Crafting Club 6:00 Moonlight Movie	13 Friday the 13th 8:30 CNN Live 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Ride 11:00 Anagrams 12:00 LUNCH 1:00 Indoor Volleyball 2:00 Neighborhood Sing Along 3:00 Dessert and Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie and Popcorn	14 Migratory Bird Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Garden Stroll 11:00 Bird Migration Discussion 12:00 LUNCH 1:00 Ring Toss Challenge 2:00 Finish the Sentence Game 3:00 Dessert & Coffee Social 3:30 Scrapbooking: Birds 6:00 Lawrence Welk Show
15 Chocolate Chip Day 8:30 Today's Current Events 9:00 Exercise with Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Time & Hymns 12:00 Lunch 1:00 Bowling with Friends 2:00 Brain Games 3:00 Dessert and Coffee Social 3:30 Baking: Chocolate Chip Cookies 6:00 Moonlight Movie	16 Love a Tree Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Holy Communion 10:30 Love on a Leash Dog Therapy 12:00 LUNCH 1:00 Bean Bag Toss 2:00 Thinking Cards 3:00 Dessert & Coffee Social 3:30 Short Story Hour 6:00 Moonlight Movie	17 Pack Rat Day 8:30 Local News 9:00 Body in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walk-About /Garden Watering/ Bird Feeders 11:00 Who am I? Hollywood Stars 12:00 LUNCH 1:00 Toss and Talk Trivia Ball 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Travelogue Club 6:00 Moonlight Movie	18 Museum Day 8:30 Good Morning America 9:00 Lite N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Nature Stroll 11:00 In the Kitchen: Smoothies 12:00 LUNCH 1:00 Musication! 2:00 Unlock the Memories: 1930's 3:00 Dessert & Coffee Social 3:30 Biography Hour 6:00 Moonlight Movie	19 U.S. Trivia 8:30 Today's Current Events 9:00 Chair Chi 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 U.S. Trivia 12:00 Ladies Lunch with Carmen 1:00 Tie Tac Toe 2:00 Reminiscing Hour 3:00 Dessert and Coffee Social 3:30 Crafting Club 6:00 Moonlight Movie	20 Strawberries Day 8:30 CNN Live 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Ride 11:00 Neighborhood Sing Along 12:00 LUNCH 1:00 Indoor Bocce Ball 2:00 Scenic Cruises Around the World 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie and Popcorn	21 US Armed Forces Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Discussion Group: Military Branches 12:00 LUNCH 1:00 Bowling with Friends 2:00 Pat Boone's American Glory 3:00 Dessert & Coffee Social 3:30 Coloring Therapy: <i>Military Uniforms</i> 6:00 Lawrence Welk Show
22 Musical Instrument Day 8:30 Today's Current Events 9:00 Exercise with Glenna 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Spiritual Time & Hymns 12:00 LUNCH 1:00 Bean Bag Toss Game 1:00 Walk to Frozen Yogurt Shop 2:00 Bat the Balloon Game 2:30 Alphabet Soup 3:00 Dessert and Coffee Social 3:30 Sing Along w/ Musical Instruments 6:00 Moonlight Movie	23 Lucky Penny Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Holy Communion 10:30 Love on a Leash Dog Therapy 12:00 LUNCH 1:00 Toss and Talk Trivia Ball 2:00 Anagrams 3:00 Dessert & Coffee Social 3:30 Tea and Poetry Club 6:00 Moonlight Movie	24 Escargot Day Birthday Celebration 8:30 Local News 9:00 Body in Motion—Exercise 9:30 Visit to Pacific Ridge School 10:00 Fruit & Coffee Social 10:30 Walk About/Garden Watering/ Bird Feeders 11:00 Discussion: Unusual Foods 12:00 LUNCH 1:00 Bowling with Friends 2:00 Hangman Challenge 3:00 Dessert & Coffee Social 3:30 Birthday Party with Almarol	25 Tap Dance Day 8:30 Good Morning America 9:00 Lite N' Lively Exercise 10:00 Fruit & Coffee Social 10:30 Nature Stroll 11:00 Chicken Soup for the Soul 12:00 LUNCH 1:00 Balloon Volleyball 2:00 Cooking for the Senses with Chef Art 3:00 Dessert & Coffee Social 3:30 Biography Hour 6:00 Moonlight Movie	26 Jazz Day 8:30 Today's Current Events 9:00 Get Fit with Carmen 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Brain Games 12:00 LUNCH 1:00 Bocce Ball 2:00 Big Band and Jazz Era 3:00 Dessert & Coffee Social 3:30 Crafting Club 6:00 Moonlight Movie	27 Ancestor Day 8:30 CNN Live 9:00 Joints in Motion 10:00 Fruit & Coffee Social 10:30 Walkers Club/ Scenic Van Ride 11:00 Name 5 Game 12:00 LUNCH 1:00 Ring Toss Challenge 2:00 Neighborhood Sing Along 3:00 Dessert & Coffee Social 3:30 Prize BINGO! 6:00 Moonlight Movie and Popcorn	28 Amnesty International Day 8:30 Today's Current Events 9:00 Saturday Seated Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club or Outdoor Stroll 11:00 Anagrams 12:00 LUNCH 1:00 Bocce Ball or Mini Golf 2:00 "Is That Your Final Answer?" 3:00 Dessert & Coffee Social 3:30 Creative Writer's Circle 6:00 Lawrence Welk Show
29 Composting Day 8:30 Today's Current Events 9:15 Exercise with Glenna 10:00 Fruit and Coffee Social 10:30 Walker's Club 11:00 Spiritual Time & Hymns 12:00 LUNCH 1:00 Balloon Badminton 2:00 White Board Brain Games 3:00 Dessert and Coffee Social 3:30 Flag Making 6:00 Moonlight Movie	30 Memorial Day 8:30 Local News 9:00 Chair Yoga with Carmen 10:00 Fruit & Coffee Social 10:30 Holy Communion 10:30 Love on a Leash Dog Therapy 12:00 Memorial Day BBQ 1:30 Peter Seitzer Entertainer 2:30 Outdoor Gardening 3:00 Dessert & Coffee Social 3:30 Memorial Day Craft 6:00 Moonlight Movie	31 Macaroon Day 8:30 Local News 9:00 Body in Motion—Exercise 10:00 Fruit & Coffee Social 10:30 Walk About/Garden Watering/ Bird Feeders 10:30 In the Kitchen: Macaroons 12:00 LUNCH 1:00 Large Ring Toss Challenge 2:00 Thinking Cards 3:00 Dessert & Coffee Social 6:00 Moonlight Movie			Intergenerational Programs Boys & Girls Club Visit Thursdays at 4:30 pm Pacific Ridge School Visit Mon or Tues. at 9:45 am Unless otherwise noted.	Friday's Scenic Bus Rides 10:30 am or 1:15 pm Shadowridge Duck Pond Del Mar / Solana Beach Moonlight Beach Oceanside Harbor / Pier Lake San Marcos Leo Carrillo Ranch Double Peak Hill Vista Village

Activities subject to change without notice.