



ActivCare Laguna Hills

# September 2023



## Daily Activities

**Newsorthy**  
Current Events




**Walker's Club**  
Neighborhood Strolls

**Thinking & Doing**  
Cognitive Exercises

**Musical Moments**  
Interactive Entertainment

**Fitness Activity**  
Stretching & Strength

**Creative Arts**  
Artistic Expression

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
|    |  |    |   |   |   |   |
| <b>3 Improve Your Penmanship Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Proper Penmanship with Debbie<br>11:00 Sunday Service<br>1:00 Stretch and Relaxation<br>2:00 Table Games<br>3:00 Dessert and Coffee Social<br>3:30 Melodies on the Patio<br>4:15 Word Scramble<br>6:30 Moonlight Movie                               | <b>4 Labor Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Discussion: Labor Day<br>11:00 Patriotic Sing Along<br>1:00 Courtyard Chat<br>2:00 Zumba Gold<br>3:00 Labor Day Social<br>3:30 Prize Bingo<br>4:15 Table Games<br>6:00 Moonlight Movie   | <b>5 Celebrate Service Dogs</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 What Do Service Dogs Do?<br>11:00 Two for Tuesdays: Pairs<br>1:00 Courtyard Stroll<br>2:00 Arts & Crafts with Sue<br>3:00 Dessert and Coffee Social<br>3:30 UNO<br>4:15 Color Your World<br>6:00 Moonlight Movie                           | <b>6 Coffee Ice Cream Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Scenic Drive: San Clemente<br>11:00 Balloon Toss Fun<br>1:00 Water The Garden<br>2:00 History of Coffee Ice Cream<br>3:00 Coffee Ice Cream Social<br>3:30 Bingo!<br>4:15 Strength and Balance Exercise<br>6:00 Moonlight Movie                     | <b>7 NFL Season Kickoff</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 NFL Trivia & Past Highlights<br>11:00 Yoga & Sound Healing with Brian<br>1:00 Outdoor Games<br>2:00 NFL Season Kickoff Party<br>3:00 Dessert and Coffee Social<br>3:30 Sports Bingo<br>4:15 Indoor Basketball<br>6:00 Moonlight Movie     | <b>1 Friendship Month</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Celebrity of the Day: Bing Crosby<br>11:00 Karaoke with Friends!<br>1:00 Courtyard Stroll<br>2:00 Famous Best Friends<br>3:00 Dessert and Coffee Social<br>3:30 What Makes A Good Friend?<br>4:15 Prize Bingo<br>6:00 Moonlight Movie         | <b>2 Play Outside Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Word Scramble<br>11:00 Travel Stories: Florida<br>1:00 Courtyard Stroll<br>2:00 Outdoor Games<br>3:00 Dessert and Coffee Social<br>3:30 Super Social Bingo!<br>4:15 Finish That Phrase<br>6:00 Moonlight Movie                                       |
| <b>10 Grandparents Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Random Trivia<br>11:00 Sunday Service<br>1:30 All about the Grandkids<br>2:00 Live Music w/ Karaoke King "Roy"<br>3:00 Dessert and Coffee Social<br>3:30 Sing Along<br>4:15 Cornhole Competition<br>6:30 Moonlight Movie                                       | <b>11 Taste of Honey Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Discussion: Honey and Bees<br>11:00 Motown Mondays<br>1:00 Water the Garden<br>2:00 Zumba Gold<br>3:00 Honey Dessert & Coffee Social<br>3:30 Prize Bingo<br>4:15 Music Therapy<br>6:00 Moonlight Movie                 | <b>12 Take Notes Tuesday</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Discussion & Note Taking<br>11:00 Two for Tuesdays: Pairs<br>1:00 Courtyard Walk<br>2:00 Arts & Crafts with Sue<br>3:00 Dessert and Coffee Social<br>3:30 UNO<br>4:15 Test Your Luck Card Game<br>6:00 Moonlight Movie                        | <b>13 Word Game Wednesday Target Practice</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Scenic Drive: San Juan Capistrano<br>11:00 Lucy Show Matinee<br>1:00 Walking Club<br>2:00 Word Games and Brain Teasers<br>3:00 Dessert and Coffee Social<br>3:30 Bingo!<br>4:15 Basketball Target Practice<br>6:00 Moonlight Movie | <b>14 First Lighthouse Lighting</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Lighthouse Watercolor Painting<br>11:00 Table Games<br>1:00 Courtyard Stroll<br>2:00 Mini Golf<br>3:00 Dessert and Coffee Social<br>3:30 Sports Bingo<br>4:15 Tricky Trivia Thursday<br>6:00 Moonlight Movie                      | <b>15 Rosh Hashanah Make a Hat Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Crafting Hats<br>11:00 Wheel of Fortune<br>1:00 Melodies On the Patio<br>2:00 Family Feud Friday!<br>3:00 Dessert and Coffee Social<br>3:30 Celebrity of the Day: Clint Eastwood<br>4:15 Prize Bingo<br>6:00 Moonlight Movie     | <b>16 Mexican Independence Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Mexican Music Appreciation<br>11:00 Travel Stories: Mexico<br>1:00 Stretch and Balance Exercise<br>2:00 History of Mexico<br>3:00 Taste of Mexico: Dessert & Coffee<br>3:30 Super Social Bingo!<br>4:15 Table Games<br>6:00 Moonlight Movie |
| <b>17 International Country Music Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Popular Sayings<br>11:00 Sunday Service<br>1:00 Watering the Garden<br>2:00 Top Country Hits Karaoke!<br>3:00 Dessert and Coffee Social<br>3:30 Table Games<br>4:15 Pamper Me Lovely<br>6:30 Moonlight Movie                                    | <b>18 Emmy Awards</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Discussion: Hollywood Stars<br>11:00 Motown Mondays<br>1:00 Courtyard Tunes<br>2:00 Balloon Toss<br>3:00 Dessert and Coffee Social<br>3:30 Emmy Awards Bingo<br>4:15 Tabletop Games and Puzzles<br>6:00 Showtime: Emmy Awards | <b>19 National Butterscotch Pudding Day</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Discussion: What's Your Top Ten?<br>11:00 Two for Tuesdays: Pairs<br>1:00 Outdoor Stroll<br>2:00 Arts & Crafts with Sue<br>3:00 Butterscotch Pudding & Coffee<br>3:30 UNO<br>4:15 Finish That Phrase<br>6:00 Moonlight Movie   | <b>20 Oktoberfest</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Scenic Drive: Laguna Beach<br>11:00 German Folk Dance History<br>1:00 Courtyard Stroll and Chat<br>2:00 Oktoberfest Celebration<br>4:00 Taste of Germany Social<br>6:00 Moonlight Movie  | <b>21 World Alzheimer's Day World Gratitude Day!</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 The Price Is Right<br>11:00 Yoga & Sound Healing w/ Brian<br>12:00 Bus Outing/Picnic<br>1:00 Outdoor Stroll<br>3:00 Dessert and Coffee Social<br>3:30 Reminiscing<br>4:15 Uno Game<br>6:00 Moonlight Movie       | <b>22 National Centenarian's Day</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Finish That Phrase<br>11:00 Strange Junk Food<br>1:00 Walking Club<br>2:00 Centenarian Celebration<br>3:00 Dessert and Coffee Social<br>3:30 Celebrity of the Day: Betty White<br>4:15 Parachute Ball Toss<br>6:00 Moonlight Movie | <b>23 American Frog Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Happy Coloring<br>11:00 Travel Stories: New York<br>1:00 Courtyard Stroll<br>2:00 Test Your Luck Card Game<br>3:00 Dessert and Coffee Social<br>3:30 Super Social Bingo!<br>4:15 Frog Trivia<br>6:00 Moonlight Movie                               |
| <b>24 Yom Kippur Dog Week Begins</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 All About Dogs Trivia<br>11:00 Sunday Service<br>1:00 Stretch and Relaxation<br>2:00 Walking Club<br>3:00 Dessert and Coffee Social<br>3:30 Sing Along to Favorite Songs<br>4:15 Table Games and Puzzles<br>6:30 Moonlight Movie:<br>A Dog's Journey | <b>25 National One Hit Wonder Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 VH1's Greatest One-Hit Wonders<br>11:00 Motown Mondays<br>1:00 Courtyard Stroll<br>2:00 Stretch and Balance<br>3:00 Dessert and Coffee Social<br>3:30 Prize Bingo<br>4:15 Name 5<br>6:00 Moonlight Movie      | <b>26 Red Hat Club Old Hollywood Day</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Magazine Collages<br>11:00 Discussion: Hollywood & Fame<br>1:00 Courtyard Games<br>2:00 Arts & Crafts with Sue Red Hat Decorations<br>3:00 Dessert and Coffee Social<br>3:30 UNO<br>4:15 Pamper Me Lovely<br>6:00 Moonlight Movie | <b>27 Birthday Party</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Scenic Drive: Dana Point<br>11:00 Lucy Show Matinee<br>1:00 Courtyard Stroll<br>2:30 September Birthday Party<br>3:00 Birthday Cake and Coffee Social<br>3:30 Bingo!<br>4:15 Famous Artists Born in September<br>6:00 Moonlight Movie                   | <b>28 Texas Hoedown</b><br>8:45 Good Morning Exercise with Tara<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Favorite Things!<br>11:00 Texas Hoedown Trivia<br>1:00 Courtyard Stroll and Chat<br>2:30 Hoedown Celebration!<br>Live Music with Doug Houston<br>3:00 Dessert and Coffee Social<br>4:15 All About Texas<br>6:00 Moonlight Movie: The Shootist | <b>29 Celebrate Harvest Season</b><br>8:45 Good Morning Exercise<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Magazine Collage Cornucopias<br>11:00 Karaoke Time!<br>1:00 Courtyard Stroll<br>2:00 What's the Harvest?<br>3:00 Dessert and Coffee Social<br>3:30 Celebrity of the Day: Julie Andrews<br>4:15 Prize Bingo<br>6:00 Moonlight Movie   | <b>30 Frisbee Day</b><br>8:45 ActivFit<br>9:30 Today in History & Current Events<br>10:00 Fruit and Coffee Social<br>10:30 Karaoke Time<br>11:00 Travel Stories: Hawaii<br>1:00 Courtyard Stroll and Chat<br>2:00 Frisbee Toss<br>3:00 Dessert and Coffee Social<br>3:30 Super Social Bingo!<br>4:15 Popular Sayings<br>6:00 Moonlight Movie  |

## SPECIAL EVENTS

**September 4**  
Labor Day

**September 20**  
Oktoberfest

**September 27**  
Birthday Party

**September 28**  
Texas Hoedown

