



# ActivCare at 4S Ranch

## June 2018



### ActivCare Daily Activities

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

### Special Events







**June 7**  
**Trip to Fair**

**June 14**  
**Flag Day**

**June 17**  
**Father's Day**

**June 27**  
**Birthday Celebration**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>3 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 American Pet Therapy 1:00 Bean Bag Toss 1:30 Sunday Service 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Sunday Service</i>	 <b>4 Flower Arranging</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:30 <i>Flower Arranging</i> 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie	 <b>5 World Environment Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Craft with Recycled Items 1:00 Bean Bag Toss 1:30 <i>Learn How to Protect Our Environment</i> 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie  <i>Puppy Visit</i>	 <b>6 Yoga with Stef</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Indoor Golf 1:00 Afternoon Stroll 1:00 Dog Treat Making 1:30 <i>Yoga with Stef in the Club</i> 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	 <b>7 Trip To San Diego Fair</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Scenic Bus Ride 10:00 Fruit & Coffee Social 10:30 SD Humane Society 10:30 Trip to the Del Mar Fair 11:30 Walker's Club 12:00 Family Support Group with Kindred 1:00 Afternoon Stroll 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <i>Humane Society Family Support Group</i>	<b>1 Mystery Bus Ride</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Mystery Bus Ride</i> 10:30 Flower Arranging 1:00 Afternoon Stroll 1:00 <i>Mystery Bus Ride</i> 1:30 Music with Cara Freedman 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie  <i>Special Music</i>	<b>2 Water Color Class</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Yahtzee in the Club 1:00 Miniature Golf Afternoon Stroll 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Trivia 4:00 <i>Water Colors in the Club</i> 6:00 Movie & Popcorn
<b>10 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Indoor Golf 10:30 Walker's Club 1:30 Sunday Service 2:00 Bean Bag Toss 2:30 Afternoon Stroll 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Sunday Service</i>	<b>11 Scenic Bus Ride to Mt Helix</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:00 <i>Walk to Raise Awareness of Alzheimer's with Design 39</i> 10:30 Walker's Club/ Scenic Bus Ride 10:30 The Sunshine Circle 11:30 The Sunshine Circle 1:00 Flower Arranging 1:00 Afternoon Stroll <i>Scenic Bus Ride</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  	<b>12 Nat'l Peanut Butter Cookie Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Nature Walk 1:00 Trivia 1:30 Yoga with Stef in the Club 3:00 <i>Cooking for the Senses</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn  <i>Puppy Visit</i>	<b>13 Cooking for the Senses</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Trivia 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 3:00 <i>Cooking for the Senses</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	<b>14 Flag Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flag Craft 1:00 <i>The History of Flag Day</i> 1:30 <i>Music with Joan Rader</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bocce Ball 6:00 Movie	<b>15 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 12:30 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>16 Water Color Class</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling/ Afternoon Stroll 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors in the Club</i> 6:00 Movie & Popcorn
<b>17 Father's Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 American Pet Therapy 12:00 <i>Father's Day Lunch</i> 1:00 Trivia 1:30 Sunday Service 2:30 <i>Music with Sonny Mayner</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Sunday Service</i> <i>Catholic Communion</i>	<b>18 International Picnic Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Flower Arranging 1:00 Afternoon Stroll 2:00 Bowling 2:30 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie	<b>19 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Squash Ball 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>20 Love on a Leash</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 <i>Love on a Leash</i> 1:00 Afternoon Stroll 1:00 Trivia 1:30 Yoga with Stef in the Club 2:00 Squash Ball 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Bowling 6:00 Movie & Popcorn  <i>Happy Hour</i>	<b>21 Nat'l Selfie Day</b> 8:30 Today's Current Event 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Nature Walk 12:00 <i>Red Hat Ladies Lunch</i> 1:00 Afternoon Stroll 1:00 VFW Visit 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bean Bag Toss 6:00 Movie  <i>VFW Visit</i> <i>Summer Solstice</i>	<b>22 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:00 Horse Shoes 1:30 <i>Music with Andrew Parker Davis</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>23 Water Color Class</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors in the Club</i> 6:00 Movie & Popcorn
<b>24 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbors 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling/ Afternoon Stroll 1:30 Sunday Service 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Sunday Service</i>	<b>25 Scenic Bus Ride to Poway Train Park</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Ride 1:00 Afternoon Stroll <i>Scenic Bus Ride</i> 1:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie	<b>26 Nat'l Chocolate Pudding day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Trivia 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Chocolate Pudding Extravaganza 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Puppy Visit</i>	<b>27 Birthday Party</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:15 Yoga with Stef in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Trivia 1:00 Bean Bag Toss 3:00 <i>Birthday Party</i> 3:30 Gratitude is Our Attitude 3:45 Bowling 6:00 Movie & Popcorn	<b>28 BINGO!</b> 8:30 Today's Current Event 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 The Sunshine Circle 10:30 Nature Walk 12:00 <i>Men's Club Lunch</i> 1:00 Afternoon Stroll 1:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie	<b>29 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 <i>Music with Chris Burns</i> 1:00 Horse Shoes 1:30 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>30 Water Color Class</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors in the Club</i> 6:00 Movie & Popcorn

Activities are subject to change without notice.