



## 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

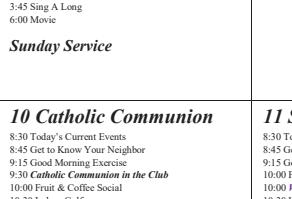
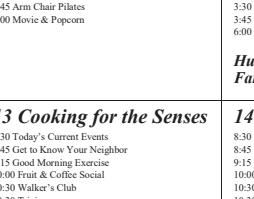
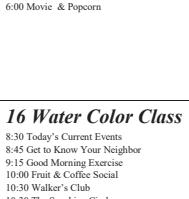
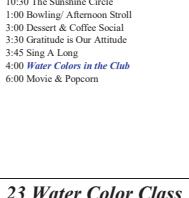
June 27  
Birthday Celebration



# ActivCare at 4S Ranch

# June 2018



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 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Bean Bag Toss 1:30 <i>Sunday Service</i> 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 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:30 <i>Flower Arranging</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <b>Puppy Visit</b>	 <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 <i>Flower Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie  <b>Puppy Visit</b>	 <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>Puppy Visit</b>	 <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 10:00 Fruit & Coffee Social 10:30 <i>SD Humane Society</i> 10:30 <i>Trip to the Del Mar Fair</i> 11:30 Walker's Club 1:00 <i>Family Support Group with Kindred</i> 2:00 Ball Toss 2:00 Horse Show 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <b>Humane Society Family Support Group</b>	 <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 Flower Arranging 1:00 Afternoon Stroll 1:00 <i>Mystery Bus Ride</i> 1:30 <i>Music with Cara Freedman</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie  <b>Special Music</b>	 <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 The Sunshine Circle 1:00 <i>Yahzee in the Club</i> 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 <i>Walkers' Club</i> 10:30 <i>Indoor Golf</i> 10:30 <i>Walker's Club</i> 1:30 <i>Sunday Service</i> 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 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 <i>Walkers' Club</i> 10:30 <i>Scenic Bus Ride</i> 1:30 <i>Sunday Service</i> 2:00 Bean Bag Toss 2:30 Afternoon Stroll 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <b>Purple ribbon graphic</b>	 <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 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:30 <i>Scenic Bus Ride</i> 2:00 <i>Peanut Butter Cookie &amp; Coffee Party</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <b>Puppy Visit</b>	 <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 <i>Walker's Club</i> 10:30 <i>Nature Walk</i> 1:00 <i>Indoor Golf</i> 1:30 <i>Yoga with Stef in the Club</i> 3:00 <i>Cooking for the Senses</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn  <b>Puppy Visit</b>	 <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 <i>Walker's Club</i> 10:30 <i>Flag Craft</i> 1:00 <i>The History of Flag Day</i> 2:00 Sing A Long 3:00 Dessert & Coffee Special 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 <i>Walker's Club</i> 10:30 <i>Nature Walk</i> 10:30 <i>The Sunshine Circle</i> 12:30 <i>Flower Arranging</i> 1:00 <i>Bowling! Afternoon Stroll</i> 1:30 <i>Music with Juan Robles</i> 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 <i>Walker's Club</i> 10:30 <i>Indoor Golf</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Bowling! Afternoon Stroll</i> 2:00 <i>Garden Club/ Musical Instruments</i> 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 <i>Sunday Service</i> 2:30 <i>Music with Sonny Mayer</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <i>Sunday Service 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 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Flower Arranging</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Art and Crafts</i> 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 2:30 <i>Scenic Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <i>Sunday Service</i>	 <b>19 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Art and Crafts</i> 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <b>Puppy Visit</b>	 <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 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>Love on a Leash</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Trivia</i> 1:30 <i>Yoga with Stef in the Club</i> 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie & Popcorn  <b>Happy Hour</b>	 <b>21 Nat'l Selfie 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 <i>Walker's Club</i> 10:30 <i>Selfies with Shironne</i> 10:30 <i>Nature Walk</i> 12:00 <i>Red Hat Ladies Lunch</i> 1:00 <i>Afternoon Stroll</i> 1:30 <i>VFW Visit</i> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bean Bag Toss 6:00 Movie  <b>VFW Visit Summer Solstice</b>	 <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 <i>Walker's Club</i> 10:30 <i>Flower Arranging</i> 1:00 <i>Shore Show</i> 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 <i>Walker's Club</i> 10:30 <i>Indoor Golf</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Afternoon Stroll</i> 2:00 <i>Musical Instruments/ Garden Club</i> 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 Sunshine Circle 1:00 <i>Boating/ Afternoon Stroll</i> 1:30 <i>Sunday Service</i> 2:30 <i>Music with Sonny Mayer</i> 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 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Scenic Bus Ride</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Art and Crafts</i> 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 BINGO! 6:00 Movie  <i>Sunday Service</i>	 <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 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Art and Crafts</i> 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  <b>Puppy Visit</b>	 <b>27 Birthday Party</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Trivia</i> 1:30 <i>Yoga with Stef in the Club</i> 3:00 <i>Birthday Party</i> 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie & Popcorn  <b>Puppy Visit</b>	 <b>28 BINGO!</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Get to Know Your Neighbor</i> 10:00 Fruit & Coffee Social 10:30 <i>Walker's Club</i> 10:30 <i>The Sunshine Circle</i> 1:00 <i>Afternoon Stroll</i> 1:00 <i>Bean Bag Toss</i> 1:30 <i>Flower Arranging</i> 2:00 <i>Squash Ball</i> 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <b>BINGO!</b>	 <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 Walkers Club 10:30 Sunshine Circle 1:00 <i>Music with Chris Burns</i> 1:00 <i>Afternoon Stroll</i> 1:30 <i>Flower Arranging</i> 2:00 <i>Bean Bag Toss</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie  <b>Special Music</b>	 <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 Sunshine Circle 1:00 <i>Afternoon Stroll</i> 2:00 <i>Musical Instruments/ Garden Club</i> 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.