



## ActivCare Daily Activities

### What's News

### Music That Matters

### Exercise in Motion

### Think It - Say It

### Neighborhood Walks

### Creative Arts

## Special Events

**May 5**  
**Cinco de Mayo**

**May 13**  
**Mother's Day**

**May 28**  
**Memorial Day**

**May 31**  
**Golf Tournament**



# ActivCare at 4S Ranch

# May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Memorial Day Service to be Announced	 <b>1 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 The Sunshine Circle 1:00 Bean Bag Toss 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	<b>2 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 Cinco de Mayo Arts and Crafts 1:00 Afternoon Stroll 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	<b>3 Family Support Group</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 11:30 Walker's Club 1:00 Afternoon Stroll 1:00 Mystery Bus Ride 1:00 Music with Diane Polinski 3:00 Dessert & Coffee Social 4:00 Cinco de Mayo Family Party 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Movie	<b>4 Family Party</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 Flower Arranging 1:00 Mystery Bus Ride 1:00 Music with Diane Polinski 3:00 Dessert & Coffee Social 4:00 Cinco de Mayo Family Party 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie	<b>5 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 1:00 The Sunshine Circle 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 Water Colors in the Club 6:00 Movie & Popcorn	<b>Cinco de Mayo</b>
<b>6 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 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	<b>7 Scenic Bus Ride to Felicita Park</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Mother's Day Craft 10:00 Walker's Club 10:30 Walker's Club/Scenic Bus Drive 10:30 The Sunshine Circle 1:00 Afternoon Stroll/Scenic Bus Ride 2:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo! 6:00 Movie	<b>8 Nat'l Coconut Cream Pie Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Mother's Day Craft 10:00 Walker's Club 10:30 Walker's Club/Scenic Bus Drive 10:30 The Sunshine Circle 1:00 Nature Walk 1:00 Craft Time 1:00 Bean Bag Toss 2:00 Puppy Visit with Izzie and Cheeka 3:00 Coconut Cream Pie Party 3:30 Gratitude Is Our Attitude 4:00 Chair Yoga 6:00 Movie	<b>9 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 1:00 Afternoon Stroll 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 2:00 Ball Toss 3:00 Cooking for the Senses 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	<b>10 Critter Encounter</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 1:00 Critter Encounter 1:00 Afternoon Stroll 1:00 Horse Shoes 2:00 Horse Show 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo!! 6:00 Movie	<b>11 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 The Sunshine Circle 1:00 Nature Walk 1:00 Walker's Club 1:00 Flower Arranging 1:00 Mystery Bus Ride 1:00 Music with Laura Flores 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie	<b>12 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 1:00 The Sunshine Circle 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 Water Colors in the Club 6:00 Movie & Popcorn
<b>13 Mother's Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:30 Mother's Day Craft 10:30 Walker's Club 10:30 Mother's Day Lunch 12:30 Sunday Service 2:00 Music with Vincent Young 2:30 Afternoon Stroll 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>14 Scenic Bus Ride to Mt. Soledad</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Mother's Day Craft 10:00 Walker's Club/Scenic Bus Ride 10:30 The Sunshine Circle 11:30 Yachties in the Club 1:00 Flower Arranging 1:00 Afternoon Stroll/Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Bingo! 6:00 Movie	<b>15 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 Nature Walk 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Horse Show 2:00 Puppy Visit with Izzie and Cheeka 3:00 Love on a Leash 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Chair Yoga 6:00 Movie	<b>16 Happy Hour</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 1:00 Love on a Leash 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 2:00 Happy Hour 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	<b>17 Red Hat Ladies</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 12:30 Red Hat Ladies Lunch 1:00 Flower Arranging 1:00 Horse Shoes 1:00 VFW Bingo! 2:00 Sing A Long 3:00 Dessert & Coffee Special 3:30 Gratitude is our Attitude 3:45 Bocce Ball 6:00 Movie	<b>18 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 Nature Walk 10:30 The Sunshine Circle 12:30 Red Hat Ladies Lunch 1:00 Flower Arranging 1:00 Music with Juan Robles 1:00 VFW Bingo! 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Sing A Long 6:00 Movie	<b>19 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 Nature Walk 10:30 The Sunshine Circle 1:00 History of the Armed Forces/Share Your Story 1:00 Flower Arranging 1:00 Mystery Bus Ride 1:00 Music with Juan Robles 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Sing A Long 4:00 Water Colors in the Club 6:00 Movie & Popcorn
<b>20 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 American Pet Therapy 1:00 Trivia 1:30 Sunday Service 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>21 Scenic Bus Ride to Poway Park</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Mother's Day Craft 10:00 Walker's Club/Scenic Bus Ride 10:30 The Sunshine Circle 1:00 Flower Arranging 1:00 Afternoon Stroll/Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo! 6:00 Movie	<b>22 Nat'l Vanilla Pudding Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Surprise with Design 39 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Art and Crafts 1:00 Flower Show 2:00 Puppy Visit with Izzie and Cheeka 3:00 Vanilla Pudding Party 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>23 SD Zoo Safari Express</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Surprise with Design 39 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Safari Express 1:00 Afternoon Stroll 1:00 Trivia 1:00 Yoga with Stef in the Club 2:00 Happy Hour 2:00 Squash Ball 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bean Bag Toss 6:00 Movie & Popcorn	<b>24 Men's Club Lunch</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 1:00 Men's Club Lunch 1:00 Afternoon Stroll 1:00 Critter Encounters 1:00 Trivia 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>25 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 1:00 Music with Andrew Parker Davis 1:00 Music with Andrew Parker Davis 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>26 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 Nature Walk 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 4:00 Water Colors in the Club 6:00 Movie & Popcorn
<b>27 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbors 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 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	<b>28 Memorial Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Memorial Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll/Scenic Bus Ride 1:00 Flower Arranging 1:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Bingo! 6:00 Movie	<b>29 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Memorial Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Art and Crafts 1:00 Flower Show 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie	<b>30 Birthday Party</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Memorial Communion 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 Yoga with Stef in the Club 2:00 Squash Ball 3:00 Birthday Party 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie & Popcorn	<b>31 Golf Tournament</b> 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Memorial Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Nature Walk 1:00 Afternoon Stroll 1:00 Trivia 1:00 Golf Tournament 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bean Bag Toss 6:00 Movie		

Activities are subject to change without notice.