



ActivCare at 4S Ranch May 2018



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



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