



ActivCare Daily Activities



ActivCare at Rolling Hills Ranch September 2018



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

Special Events

September 3
Labor Day

September 9
Grandparents Day

Septmber 25
S.D. Humane Society

September 26
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 Drum Circle 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Who Am I 2:00 Extra Card Game 3:00 Dessert & Coffee 3:30 <i>Drum Circle</i> 4:30 Bingo 6:00 Popcorn Movie Night	3 Labor Day 8:30 Today's Current Events 9:15 Sit & Be Fit Exercise 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 12:00 <i>Labor Day BBQ</i> 1:00 Finish These Song Titles 2:00 Let's Go Bowling 3:00 Dessert & Coffee Social 3:30 Sing-Along Music 4:00 Bingo 6:00 Movie Night	4 Love on a Leash 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 <i>Love on a Leash</i> 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	5 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Let's Go Bowling 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	6 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	7 Happy Hour 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 2 Questions Trivia 3:00 <i>Happy Hour</i> 4:00 Prize BINGO 6:00 Special Movie & Popcorn	8 Spa Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Let's Go Bowling 2:00 Word Within a Word 3:00 Dessert & Coffee Social 4:00 <i>Pamper Me Lovely Spa Hour</i> 4:30 Famous Sayings 6:00 Musical Instruments
9 Nat'l Grandparents Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Who Am I 2:00 Extra Card Game 3:00 Dessert & Coffee 3:30 Drum Circle 4:30 Bingo 6:00 Popcorn Movie Night	10 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	11 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Special Music: Juan Robles</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	12 Nat'l Milkshake Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Milkshakes</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	13 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	14 Red Hat Lady's Tea Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Red Hat Tea Lady's Party</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	15 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Bowling 2:00 Gardening 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
16 8:00 Spiritual Hour 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Horseshoes 2:00 Ring Toss 3:00 Dessert & Coffee Social 4:00 Prize Bingo 6:00 Sing A Long	17 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Puzzles 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	18 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Special Music: Lani Calvert</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	19 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	20 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Badminton Ball Toss 1:00 Famous Sayings 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 A Word Within A Word 4:00 Prize Bingo 6:00 Music Therapy	21 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Making Butter 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Word Within A Word 4:00 Prize BINGO 6:00 Special Movie & Popcorn	22 Autumn Equinox 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Bowling 2:00 Gardening 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
23 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton Ball Toss 11:00 Walkers Club 1:00 Let's Go Bowling 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Sing A Long 6:00 Movie Night	24 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	25 S.D. Humane Society 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>San Diego Humane Society</i> 3:00 Birthday Celebration 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	26 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Keyline Pie Tasting</i> 3:00 <i>Birthday Celebration</i> 4:00 Prize BINGO 6:00 Movie Night <i>Nat'l Keyline Pie Day</i>	27 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy	28 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Bowling 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	29 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Let's Go Bowling 2:00 Word Within a Word 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 4:30 Famous Sayings 6:00 Musical Instruments
30 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton Ball Toss 11:00 Walkers Club 1:00 Let's Go Bowling 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Sing A Long 6:00 Movie Night						

Activities are subject to change without notice.