



ActivCare at Mission Bay

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 15
Bus Ride: Sunset Cliffs

May 28
Memorial Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:00 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night <i>Bus Ride: Downtown</i>	2 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Laura Flores 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	3 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 Senior Fitness Class 1:00 Trivia 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Pamper Me Lovely 6:00 Movie Night <i>Senior Fitness Class</i>	4 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	5 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Table Games 2:00 Cinco De Mayo Celebration 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 Movie Night <i>Cinco De Mayo</i>
6 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night <i>National Nurse's Day Nat'l Nurse's Week 6-12</i>	7 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	8 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:00 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night <i>Bus Rides: Sunset Cliffs</i>	9 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Myron Frame 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Movie Night <i>Support Group Mtg</i>	10 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Senior Fitness Class 11:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night <i>Senior Fitness Class</i>	11 Picnic Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Picnic Bus Ride 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	12 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 Movie Night
13 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Mothers Day Luncheon 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert and Coffee Social 3:30 Short Stories 6:00 Movie Night <i>Mother's Day</i>	14 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	15 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night <i>Bus Ride: Mission beach</i>	16 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teaser 2:00 Music w/ Juan Robles 3:30 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	17 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:15 Senior Fitness Class 1:00 Arts & Crafts 1:00 Trivia 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Pamper Me Lovely 6:00 Movie Night <i>Senior Fitness Class</i>	18 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Women Club Luncheon 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	19 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Movie Night <i>Nat'l Armed Forces Day</i>
20 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	21 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Special Music w/Juan Robles 3:00 Dessert Coffee Social 3:30 Bingo 6:00 Movie Night	22 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night <i>Bus Ride: Mt. Soledad</i>	23 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/Andrew 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Movie Night	24 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night	25 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	26 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Movie Night
27 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	28 Memorial Day BBQ 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Memorial Day BBQ 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night <i>Memorial Day BBQ</i>	29 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night <i>Bus Ride: Balboa Park</i>	30 Cooking For The Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Cooking For The Senses 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 Movie Night	31 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Love On A Lash 2:00 Sing A Long 3:00 Birthday Celebration 3:30 Trivia 6:00 Movie Night		