



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



ActivCare at Mission Bay

May 2018



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|---|
|  |  | <p>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</p> <p>Bus Ride: Downtown</p> | <p>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</p> | <p>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</p> <p>Senior Fitness Class</p> | <p>4 Bingo 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 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night</p> | <p>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</p> <p>Cinco De Mayo</p> |
| <p>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 Sunday Service 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night</p> <p>National Nurse's Day Nat'l Nurse's Week 6-12</p> | <p>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</p> | <p>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 Short Stories 6:00 Movie Night</p> <p>Bus Rides: Sunset Cliffs</p> | <p>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</p> <p>Support Group Mtg</p> | <p>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 11:15 Senior Fitness Class 1:00 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</p> <p>Senior Fitness Class</p> | <p>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</p> | <p>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</p> |
| <p>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</p> <p>Mother's Day</p> | <p>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</p> | <p>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</p> <p>Bus Ride: Mission beach</p> | <p>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 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night</p> | <p>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 Pamper Me Lovely 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Movie Night</p> <p>Senior Fitness Class</p> | <p>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</p> | <p>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</p> <p>Nat'l Armed Forces Day</p> |
| <p>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</p> | <p>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</p> | <p>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</p> <p>Bus Ride: Mt. Soledad</p> | <p>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 & Coffee Social 3:30 Bingo 6:00 Movie Night</p> | <p>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</p> | <p>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 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/ Deacon Salvador 6:00 Movie Night</p> | <p>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</p> |
| <p>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</p> | <p>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 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night</p> | <p>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</p> <p>Bus Ride: Balboa Park</p> | <p>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</p> | <p>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</p> |   | <p>Activities are subject to change without notice.</p> |