



ActivCare Daily Activities



ActivCare at Rolling Hills Ranch July 2019



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

SPECIAL EVENTS

July 19
Men's Club Lunch

July 26
**Red Hat Ladies
Tea Party**

July 31
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY 4th OF JULY 7 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 Bowling 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Popcorn Movie Night	1 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	2 Love on a Leash 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 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	3 Angie's Animals 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Nature Walk 1:00 Family Feud Game 2:00 Angie's Umbrella Cockatoo 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	4 Independence Day 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Special Bus Ride 1:00 Bowling 2:00 Hang Man 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	5 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 Patriotic Arts & Crafts 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	6 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 Bowling 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
7 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 Bowling 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Popcorn Movie Night	8 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	9 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Flower Arranging 2:00 Music with Juan Robles 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	10 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Nature Walk 1:00 Family Feud Game 2:00 Cooking: Potato Salad 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	11 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Special Bus Ride 1:00 Bowling 2:00 Hang Man 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	12 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 Painting 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	13 Spa Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walkers Club 1:00 Bowling 2:00 Sing A Long 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
14 Gardening 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 Gardening 2:00 Trivia Time 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night	15 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Special Bus Ride 1:00 Family Feud 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	16 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 Music with Lani Calvert 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	17 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 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	18 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Special Bus Ride 1:00 Bowling 2:00 Hang Man 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	19 Men's Club Lunch 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walkers Club 12:00 Men's Club Lunch 1:00 Painting & Drawing 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	20 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 Sing a Long 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
21 Drum Circle 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 12:00 Special Luncheon 2:00 Trivia Time 3:00 Dessert & Coffee Social 3:30 Drum Circle 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night	22 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	23 Love on a Leash 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Nature Walk 1:00 Flower Arranging 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	24 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud Game 2:00 Ice Cream Sundae Supreme 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	25 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Special Bus Ride 1:00 Bowling 2:00 Hang Man 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	26 Red Hat Ladies 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 Painting 1:30 Red Hat Tea Party 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	27 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walkers Club 1:00 Bowling 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
28 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 Trivia Time 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	29 Cahoot Trivia 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud 2:00 Cahoot Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	30 Flower Arranging 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Flower Arranging 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	31 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Nature Walk 1:00 Family Feud Game 2:00 Violin: John Quinones 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night			

Activities are subject to change without notice.