



ActivCare Daily Activities

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

Special Events

February 2
Groundhog Day

February 14
Valentine's Day







February 18
Presidents' Day

February 21
Birthday Party



ActivCare at 4S Ranch February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>3 Super Bowl Sunday 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 4 Paws of Love 1:00 Bean Bag Toss 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Super Bowl Party in the Club 3:45 Sing-Along 6:00 Show Time</p>	 <p>4 Scenic Bus Ride 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 Flower Arranging 1:00 Indoor Golf 2:00 Penny for Your Thoughts 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time</p>	 <p>5 Chinese New Year 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 Balloon Broominton 12:00 Traditional Chinese Fare and Hot Tea 1:00 Chinese Flower Craft 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time Puppy Visit</p>	 <p>6 Nat'l Singing 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 Nature Walk 10:30 Wheel of Fortune 1:00 Sing-Along Karaoke 1:00 Bridge in the Club 2:00 Bowling 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time w/ Popcorn Happy Birthday Aubrey</p>	<p>7 SD Humane Society 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 San Diego Humane Society 12:00 Support Group w/ Kindred 2:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time</p>	<p>8 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 Flower Arranging 10:30 Nature Walk 1:15 Music w/ Vincent Young 1:00 Hoopie Time 3:30 Gratitude is Our Attitude 3:45 Balloon Broominton 6:00 Show Time Happy Birthday Frederick</p>	<p>9 Nat'l Pizza 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 Baha'i Faith Volunteers 10:30 Walker's Club 12:00 Pizza Party 1:00 Hoopie Time 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time w/ Popcorn</p>
<p>10 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 Stars Youth Charity Club 1:00 Bean Bag Toss 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movies Happy Birthday Whilma</p>	<p>11 Scenic Bus Ride 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 Flower Arranging 1:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p>12 Puppy Visit Lincoln's Birthday 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 Critter Companions 1:00 Lincoln Craft 2:00 Puppy Visit w/ 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 At the Movies Happy Birthday Mark</p>	<p>13 Yoga w/ 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 Trivia 10:30 Nature Walk 12:00 Red Hat Ladies 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn Happy Birthday Marquette</p>	<p>14 Valentine's Day 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:30 Valentine's Day Party w/ Phil Gates 1:00 RB Presbyterian Visit 2:00 Horse Shoes 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p>15 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 Flower Arranging 1:30 Music w/ Juan Robles 2:00 Tic Tac Toe 3 in a Row 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie & Popcorn</p>	<p>16 The Sunshine Circle 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 11:30 Walker's Club 1:00 Bowling 2:00 Tic Tac Toe 3 in a Row 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie & Popcorn</p>
<p>17 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 4 Paws of Love 1:00 Hoopie Time 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film</p>	<p>18 Presidents' 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 Flower Arranging 12:00 Support Group w/ Seasons Hospice 1:00 The History of Presidents' Day 1:30 Who is Your Favorite President? 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film Scenic Bus Ride</p>	<p>19 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 Walker's Club 10:30 Bean Bag Toss 1:00 Art and Crafts 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Chocolate Mint Party 3:45 Sing-Along- Karaoke Time 6:00 Feature Film Nat'l Chocolate Mint Day</p>	<p>20 Love on a Leash 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 Love on a Leash 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn</p>	<p>21 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 Life Group Volunteers 10:30 Ball Toss 10:30 Walker's Club 1:00 Penny for Your Thoughts 1:00 VFW Visit 2:00 Horse Shoes 3:00 Birthday Party 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film VFW Visit</p>	<p>22 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 Hoopie Time 1:30 Music w/ Andrew Parker Davis 3:30 Gratitude is Our Attitude 3:45 Balloon Broominton 6:00 Feature Film Washington's Birthday</p>	<p>23 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 11:00 Trivia 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Feature Film & Popcorn</p>
<p>24 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 2:00 Libby Family Piano Duet 2:30 Stars Youth Charity 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Academy Awards Party Happy Birthday Eunice</p>	<p>25 Scenic Bus Ride 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 1:00 Bowling 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time Happy Birthday Joe</p>	<p>26 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 Trivia 10:30 Walker's Club 1:00 Art and Crafts 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along- Karaoke Time 6:00 Movie Time</p>	<p>27 Men's Club Lunch 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 12:00 Men's Club Lunch 1:00 Bridge in the Club 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn Happy Birthday Aida</p>	<p>28 Travelogue 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 Travelogue-Texas 10:30 Walker's Club 1:00 Texas Craft 3:00 Cooking for the Senses - Texan Style 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time</p>		

Activities are subject to change without notice.