



## 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
<b>3 Super Bowl Sunday</b> 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 <b>Paws of Love</b> 1:00 Bean Bag Toss 2:00 <b>Libby Family Piano Duet</b> 3:00 Dessert & Coffee Social 3:30 <b>Super Bowl Party in the Club</b> 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time	<b>4 Scenic Bus Ride</b> 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 <b>Scenic Bus Ride</b> 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	<b>5 Chinese New Year</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Balloon Badminton 12:00 <b>Traditional Chinese Fare and Hot Tea</b> 1:00 <b>Chinese Themed Craft</b> 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	<b>6 Nat'l Singing Day</b> 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 <b>Sing-along Karaoke</b> 1:00 Bridge in the Club 2:00 Bowling 2:00 <b>Yoga in the Club w/ Stef</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time w/ Popcorn	<b>7 SD Humane Society</b> 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 12:00 <b>Support Group w/ Kindred</b> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time	<b>1 Nat'l Wear Red Day</b> 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 <b>Flower Arranging</b> 11:30 <b>Nature Walk</b> 1:30 <b>Music w/ Cara Freedman</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Hoopis Time 6:00 Show Time	<b>2 Groundhog Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:00 Punxsutawney Phil Makes His Prediction 9:15 Good Morning Exercise 10:30 Walkers Club 10:30 <b>Groundhog Craft</b> 1:00 <b>The History of Groundhog Day</b> 1:15 Ball Toss 2:00 Garden Club: Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time w/ Popcorn
<b>10 Catholic Communion</b> 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 <b>Stars Youth Charity Club</b> 1:00 Bean Bag Toss 2:00 <b>Libby Family Piano Duet</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movies	<b>11 Scenic Bus Ride</b> 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 <b>Scenic Bus Ride</b> 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	<b>12 Puppy Visit</b> <b>Lincoln's Birthday</b> 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 <b>Critter Companions</b> 1:00 <b>Lincoln Craft</b> 2:00 Puppy Visit w/ Izzie and Cheeka 2:00 Lengi in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies	<b>13 Yoga w/ Stef</b> 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 <b>Red Hat Ladies</b> 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 <b>Yoga in the Club w/ Stef</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	<b>14 Valentine's Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:30 <b>Valentine's Day Party w/ Phil Gates</b> 1:00 <b>RB Presbyterian Visit</b> 2:00 Horse Shoes 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies	<b>15 Special Music</b> 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 <b>The Sunshine Circle</b> 12:00 <b>Pizza Party</b> 1:00 Hoopis Time 2:00 Garden Club: Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Show Time w/ Popcorn	<b>16 The Sunshine Circle</b> 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 <b>Trivia</b> 11:30 <b>The Sunshine Circle</b> 1:00 Bowling 2:00 Tic Tac Toe in a 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
<b>17 Catholic Communion</b> 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 A Paws of Love 1:00 Hoopis Time 2:00 <b>Libby Family Piano Duet</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	<b>18 Presidents' Day</b> 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 <b>Scenic Bus Ride</b> 10:30 Flower Arranging 12:00 <b>Support Group w/ Seasons Hospice</b> 1:00 <b>The History of Presidents' Day</b> 1:30 <b>Who is Your Favorite President?</b> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	<b>19 Puppy Visit</b> 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 <b>Puppy Visit w/ Izzie and Cheeka</b> 3:00 Chocolate Mint Party 3:30 Gratitude is Our Attitude 6:00 Feature Film	<b>20 Love on a Leash</b> 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 <b>Love on a Leash</b> 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 <b>Yoga in the Club w/ Stef</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	<b>21 Birthday Party</b> 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 <b>Life Group Volunteers</b> 10:30 Ball Toss 10:30 Walker's Club 10:30 Flower Arranging 1:00 Penny for Your Thoughts 1:00 <b>VFW Visit</b> 2:00 Horse Shoes 3:00 <b>Birthday Party</b> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	<b>22 Special Music</b> 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 12:00 <b>Music w/ Andrew Parker Davis</b> 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Feature Film & Popcorn	<b>23 Water Color Class</b> 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 12:00 <b>Music Instruments/ Garden Club</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Feature Film & Popcorn
<b>24 Catholic Communion</b> 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 <b>Libby Family Piano Duet</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Academy Awards Party	<b>25 Scenic Bus Ride</b> 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 <b>Scenic Bus Ride</b> 10:30 <b>Critter Companions</b> 1:00 Bowling 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>26 Puppy Visit</b> 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 1:00 Art and Crafts 2:00 <b>Puppy Visit w/ Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>27 Men's Club Lunch</b> 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 <b>The Sunshine Circle</b> 12:00 <b>Men's Club Lunch</b> 1:00 Indoor Golf 1:00 Bridge in the Club 2:00 <b>Yoga in the Club w/ Stef</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn	<b>28 Travelogue</b> 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 <b>Travelogue-Texas</b> 10:30 Walker's Club 1:00 Texas Craft 3:00 <b>Cooking for the Senses - Texas Style</b> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	 <b>Washington's Birthday</b>	 <b>Activities are subject to change without notice.</b>