



## ActivCare Daily Activities

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Neighborhood Walks

Creative Arts

## SPECIAL EVENTS

July 4  
Independence Day  
BBQ

July 10  
Red Hat Ladies Lunch

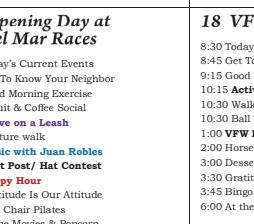
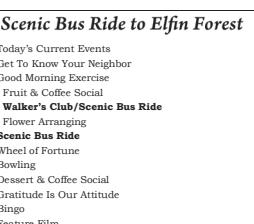
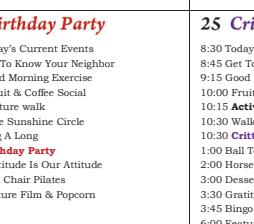
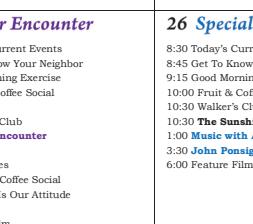
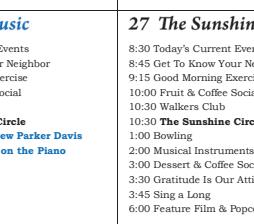
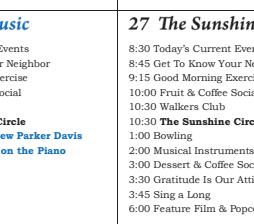
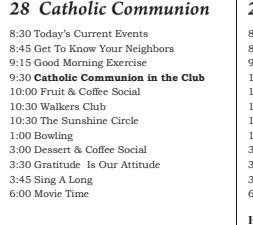
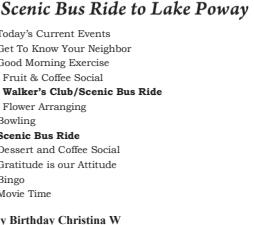
July 17  
Happy Hour

July 24  
Birthday Celebration



# ActivCare at 4S Ranch July 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>1 Scenic Bus Ride to Lake Hodges</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>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Indoor Golf 1:00 Scenic Bus Ride 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>2 World UFO Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:15 <b>ActivFit</b> 10:30 Nature Walk 10:30 Ball Toss 1:00 <b>UFO Craft</b> 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is our Attitude 3:45 <b>UFO Stories</b> 4:00 Chair Yoga 6:00 Show Time	 <b>3 Support Group</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 The Sunshine Circle 12:00 <b>Family Support Group with Kindred</b> 1:00 Sing A Long 1:00 Bridge in the Club 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Pop Corn	 <b>4 Independence 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 10:30 <b>4th of July Craft</b> 12:00 <b>4th of July BBQ</b> 1:00 Red,White and Blue Trivia 2:00 <b>Patriotic Music with Diane Polinski</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time	 <b>5 Trip to Helen Woodward Center</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> 10:15 <b>Trip to Helen Woodward Center</b> 10:30 Flower Arranging 1:00 Dessert & Coffee Social 3:00 Gratitude is our Attitude 3:45 Water Colors 6:00 Show Time with Pop Corn	 <b>6 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 Walkers Club 10:30 <b>The Sunshine Circle</b> 1:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Water Colors 6:00 Show Time with Pop Corn	
 <b>7 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <b>Catholic Communion in the Club</b> 10:00 Fruit & Coffee Social 10:30 <b>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Indoor Golf 1:00 Scenic Bus Ride 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Show Time	 <b>8 Scenic Bus Ride to Mt Helix</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>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Scenic Bus Ride 2:00 Penny for Your Thoughts 3:00 Chocolate Almond Party 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time	 <b>9 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:15 <b>ActivFit</b> 10:30 Nature Walk 10:30 Ball Toss 1:00 Arts & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is our Attitude 4:00 Chair Yoga 6:00 Show Time	 <b>10 Red Hat Ladies</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 The Sunshine Circle 12:00 <b>Red Hat Ladies</b> 1:00 Sing A Long 1:00 Bridge in the Club 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Pop Corn	 <b>11 RB Presbyterian 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 Life Group Volunteers 1:00 <b>RB Presbyterian Visit</b> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time	 <b>12 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>Critter Encounter</b> 10:30 Hoopse Time 1:00 Hoopse Time 3:00 <b>Music with Vincent Young</b> 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time	 <b>13 Critter Encounter</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 Encounter</b> 10:30 Hoopse Time 1:00 Hoopse Time 3:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Water Colors 6:00 Show Time with Pop Corn
 <b>14 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <b>Catholic Communion in the Club</b> 10:00 Fruit & Coffee Social 10:30 <b>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Horse Shoes 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 At the Movies	 <b>15 Scenic Bus Ride to Webb Pond</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>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Scenic Bus Ride 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	 <b>16 National Ice Cream 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 10:15 <b>ActivFit</b> 10:30 Ball Toss 1:00 Arts & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 2:00 Jenga in the Club 3:00 <b>Ice Cream Party</b> 3:30 Gratitude Is Our Attitude 3:45 Chair Yoga 6:00 At the Movies	 <b>17 Opening Day at Del Mar Races</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>Love on a Leash</b> 10:30 Nature walk 1:00 <b>Music with Juan Robles</b> 2:00 <b>First Post/ Hat Contests</b> 3:00 <b>Happy Hour</b> 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	 <b>18 VFW Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:15 <b>ActivFit</b> 10:30 Walker's Club 10:30 Ball Toss 1:00 <b>VFW Post 7766 Visit</b> 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	 <b>19 John Ponsiglione on the Piano</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> 10:30 Hoopse Time 1:00 Hoopse Time 3:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 At the Movie	 <b>20 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>The Sunshine Circle</b> 10:30 Hoopse Time 1:00 Hoopse Time 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 At the Movie & Popcorn
 <b>21 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <b>Catholic Communion in the Club</b> 10:00 Fruit & Coffee Social 10:30 <b>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Scenic Bus Ride 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Feature Film	 <b>22 Scenic Bus Ride to Elfin Forest</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>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	 <b>23 Gorgeous Grandma 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 10:15 <b>ActivFit</b> 10:30 Walker's Club 10:30 The History of National Gorgeous Grandma Day 1:00 Gorgeous Grandma Photo Shoot 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long-Karaoke Time 6:00 Feature Film	 <b>24 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 Nature walk 10:30 The Sunshine Circle 1:00 Sing A Long 3:00 <b>Birthday Party</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	 <b>25 Critter Encounter</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 Critter Encounter 1:00 Ball Toss 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	 <b>26 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> 10:30 Hoopse Time 1:00 Hoopse Time 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Feature Film & Popcorn	 <b>27 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 Walkers Club 10:30 <b>The Sunshine Circle</b> 1:00 Bowling 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Feature Film & Popcorn
 <b>28 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbors 9:15 Good Morning Exercise 9:30 <b>Catholic Communion in the Club</b> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie Time	 <b>29 Scenic Bus Ride to Lake Poway</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>Walker's Club/Scenic Bus Ride</b> 10:30 Flower Arranging 1:00 Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Bingo 6:00 Movie Time	 <b>30 International Friendship 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 10:15 <b>ActivFit</b> 10:30 Walker's Club 10:30 Share Stories of Your Friends 1:00 <b>Friendship Bracelet Class</b> 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long-Karaoke Time 6:00 Movie Time	 <b>31 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 Nature walk 10:30 <b>Travelogue - Rwanda</b> 1:00 <b>Rwandan Craft</b> 2:00 Indoor Golf 3:00 <b>Cooking for the Senses-Rwanda Style</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn	 <b>32 Del Mar</b> cool as ever	 <b>HAPPY 4th OF JULY</b>	

Activities are subject to change without notice.