



ActivCare at 4S Ranch

July 2019



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



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

Activities are subject to change without notice.