



ActivCare at Rolling Hills Ranch

August 2019



Daily Activities

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Neighborhood Walks

Creative Arts

SPECIAL EVENTS

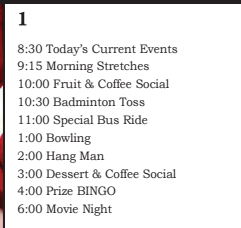
August 2
Hawaiian Luau

August 16
Men's Club Lunch

August 29
Birthday Celebration

August 30
Red Hat Ladies Lunch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walker's Club 1:00 Bowling 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Popcorn Movie Night	 5 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	 6 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walker's Club 1:00 Flower Arranging 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	 7 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 Root Beer Floats 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	8 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	9 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Painting 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	10 Drum Circle 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walker's Club 1:00 Bowling 2:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Drum Circle 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
11 Gardening 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walker's Club 1:00 Gardening 2:00 Trivia Time 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night	12 Special Bus Ride 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	13 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 Walker's Club 1:00 Flower Arranging 2:00 Music with Juan Robles 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	14 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walker's Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	15 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	16 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 Walker's Club 12:00 Men's Club Lunch 2:00 Painting & Drawing 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	17 Spa Day 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Bowling 2:00 Sing Along 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
18 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walker's Club 1:00 Bowling 2:00 Trivia Time 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night	19 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	20 Picnic in the Park 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Picnic in the Park 1:00 Flower Arranging 2:00 Music with Lani Calvert 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	21 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 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	22 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 3:30 Ball Toss 4:00 Prize BINGO 6:00 Movie Night	23 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Painting 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	24 Family Fun Day 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walker's Club 12:00 Family Fun Day 1:00 Bowling 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
25 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walker's Club 1:00 Bowling 2:00 Trivia Time 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	26 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	27 Flower Arranging 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walker's Club 1:00 Flower Arranging 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	28 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 Cooking: Grilled Cheese 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night	29 Birthday Celebration 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 Violin Music with John Qui- nones 3:00 Dessert & Coffee Social 3:30 Ball Toss 4:00 Prize BINGO 6:00 Movie Night	30 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 Walker's 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	31 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Badminton Toss 11:00 Walker's Club 1:00 Bowling 2:00 Brain Games 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night

Activities are subject to change without notice.