



# ActivCare at 4S Ranch

## June 2019

**#1 DAD**

# ActivCare

## Daily Activities

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

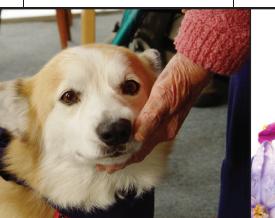
# SPECIAL EVENTS

**June 6**  
*SD County Fair*

## June 16 *Father's Day Lunch*

# June 19 Birthday Party



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>2 Catholic Communion</b>	<b>3 Flower Arranging</b>	<b>4 Puppy Visit</b>	<b>5 Bowling</b>	<b>6 San Diego County Fair</b>	<b>7 Special Music</b>	<b>8 The Sunshine Circle</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/Gallery Walk with Nabeel 10:30 The Sunshine Circle 1:00 Hoopla time 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-a-Long 6:00 Show Time	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 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  Happy Birthday Tess O.	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 Arts & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is out Attitude 4:00 Chair Yoga 6:00 Show Time	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-a-long 1:00 Bridge in the Club 2:00 <b>Bowling</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 Show Time with Pop Corn  Happy Birthday Cherry O.	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-a-long 1:00 Bridge in the Club 2:00 <b>Bowling</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time  Happy Birthday Andrea	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 Trivia 2:00 <b>Bowling</b> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time  Happy Birthday Sally	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 1:00 Hoopla 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
<b>9 Catholic Communion</b>	<b>10 Scenic Bus Ride</b>	<b>11 Reminiscence Gardening</b>	<b>12 Happy Hour</b>	<b>13 RB Presbyterian Visit</b>	<b>14 Special Music</b>	<b>15 The Sunshine Circle</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 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	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 Bowling 2:00 Trivia 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	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 Reminiscence Gardening with Master Gardeners 10:30 Nature Walk 1:00 Arts & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 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	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 Wheel of Fortune 10:30 Nature walk 12:00 Red Hat Ladies 1:00 Bridge in the Club 1:00 Indoor Golf 3:00 <b>Happy Hour</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 At the Movies & Popcorn	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 Ball Toss 10:30 The Sunshine Circle 1:00 RB Presbyterian Visit 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	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 1:00 Flower Arranging 1:30 <b>Music with Vincent Young</b> 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 At the Movie  Flag 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 The Sunshine Circle 1:00 Hoopla Time 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 Karen
<b>16 Catholic Communion Father's Day</b>	<b>17 Family Support Group</b>	<b>18 Puppy Visit</b>	<b>19 Love on a Leash Birthday Party</b>	<b>20 VFW Visit</b>	<b>21 Critter Encounter</b>	<b>22 The Sunshine Circle</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 Paws of Love 12:00 <b>Father's Day Lunch</b> 1:00 Music with Gil Alcantar 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing-a-Long 6:00 Feature Film	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 <b>Family Support Group with Seasons</b> 1:00 Scenic Bus Ride 1:00 Wheel of Fortune 2:00 Bowling 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	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 Sunshine Circle 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 3:45 Sing-a-Long-Karaoke Time 6:00 Feature Film	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 1:30 Music with Juan Robles 3:00 <b>Birthday Party</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 Feature Film & Popcorn	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 1:00 VFW Post 7766 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	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 1:00 Hoopla Time 3:30 John Ponsiglione on the Piano 6:00 Feature Film  First Day of Summer	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 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>23 Catholic Communion</b>	<b>24 Scenic Bus Ride</b>	<b>25 Puppy Visit</b>	<b>26 Travelogue</b>	<b>27 ActivFit</b>	<b>28 Special Music</b>	<b>29 The Sunshine Circle</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 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing-a-Long 6:00 Movie Time	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	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 Sunshine Circle 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 3:45 Sing-a-Long Karaoke Time 6:00 Movie Time	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 ~Japan 10:30 Nature walk 1:00 Japanese Craft 2:00 Indoor Golf 3:00 <b>Cooking for the Senses</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 Movie Time & Popcorn  Happy Birthday Julie	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 Hoopla Time 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time  Happy Birthday Nnaemeika	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 Musical Instruments 1:30 <b>Music with Andrew Davis</b> 2:30 The History of Paul Bunyan 3:30 John Ponsiglione on the Piano 6:00 Movie Time  Paul Bunyan 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 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  Happy Birthday Christie
<b>30 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 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing-a-Long 6:00 Movie Time						
Happy Birthday Glazel						

*Activities are subject to change without notice.*