



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






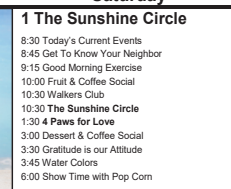
SPECIAL EVENTS

June 6
SD County Fair

June 16
Father's Day Lunch

June 19
Birthday Party



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 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 Walker's Club/ Gallery Walk with Nabeel 10:30 The Sunshine Circle 1:00 Hoopsie Time 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing-a-Long 6:00 Show Time	3 Flower Arranging 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.	4 Puppy 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 Nature Walk 10:30 The Sunshine Circle 1:00 Arts & Crafts 2:00 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	5 Bowling 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 Walker's Club 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 Cherry O.	6 San Diego County Fair 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 Nature Walk/Scenic Bus Ride 1:15 Music with Cara Freedman 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time Happy Birthday Andrea	7 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 Walker's Club 1:15 Music with Cara Freedman 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time Happy Birthday Sally	8 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 Walker's Club 1:00 Hoopsie 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 Happy Birthday Howie
9 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	10 Scenic Bus Ride 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 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	11 Reminiscence Gardening 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 Reminiscence Gardening with Master Gardeners 10:30 Nature Walk 12:00 Red Hat Ladies 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 Puppy Visit with Izzie and Cheeka 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	12 Happy Hour 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 2:00 Happy Hour 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	13 RB Presbyterian 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 10:30 The Sunshine Circle 1:00 RB Presbyterian Visit 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 At the Movie Flag Day	14 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 Nature Walk 10:30 Critter Encounter 1:00 Flower Arranging 1:30 Music with Vincent Young 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 At the Movie Flag Day	15 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 11:30 Walker's 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 Karen
16 Catholic Communion Father's Day 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 4 Paws for Love 12:00 Father's Day Lunch 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	17 Family 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 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 Family Support Group with Seasons 1:00 Scenic Bus Ride 2:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	18 Puppy 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 The Sunshine Circle 1:00 Arts & Crafts 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	19 Love on a Leash Birthday Party 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 ActivFit 10:30 Nature Walk 10:30 Love on a Leash 1:30 Music with Juan Robles 2:00 Birthday Party 3:00 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	20 VFW Visit 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Life Group Volunteers 10:30 Walker's Club 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	21 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 Walker's Club 10:30 Critter Encounter 1:00 Hoopsie Time 3:30 John Ponsiglione on the Piano 6:00 Feature Film First Day of Summer	22 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
23 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 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	24 Scenic Bus Ride 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 Bowling 1:00 Scenic Bus Ride 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time	25 Puppy 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 The Sunshine Circle 10:30 Walker's Club 1:00 Arts & Crafts 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	26 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 -Japan 1:00 Japanese Craft 2:00 Indoor Golf 3:00 Cooking for the Senses 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn Happy Birthday Julie	27 ActivFit 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 The Sunshine Circle 10:30 Walker's Club 1:00 Penny for Your Thoughts 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time Happy Birthday Nnaemeka	28 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 Flower Arranging 1:00 Hoopsie Time 1:30 Music with Andrew Parker Davis 2:30 The History of Paul Bunyan 3:30 John Ponsiglione on the Piano 6:30 Movie Time Paul Bunyan Day	29 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 Happy Birthday Christie
30 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 Happy Birthday Glazel	