



ActivCare Daily Activities



ActivCare at Mission Bay November 2018



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

Special Events

November 8
Pinning Ceremony

November 11
Veterans Day

November 22
Thanksgiving

November 28
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>VETERANS DAY HONORING ALL WHO SERVED</p> <p>4 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen</p>	 <p>5 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:15 Activity Class w/ Marisol 3:30 Bingo 6:00 On the Big Screen</p>	 <p>6 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen Bus Ride: Balboa Park</p>	 <p>7 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Laura Flores 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	<p>1 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 Senior Fitness Class w/ Robert 1:00 Trivia 2:00 Sing-Along 2:30 High School Performing 3:00 Dessert & Coffee Social 3:30 Pamper Me Lovely 6:00 On the Big Screen Senior Fitness Class</p>	<p>2 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	<p>3 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Catholic Communion 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 On the Big Screen</p>
<p>11 Veterans Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 Barbeque for Lunch 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 On the Big Screen Thank You for Your Services, Veterans!</p>	<p>12 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:15 Activity Class w/ Marisol 3:30 Bingo 6:00 On the Big Screen</p>	<p>13 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen Bus Ride: Downtown San Diego</p>	<p>14 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teaser 2:00 Special Music w/ Myron Frame 3:30 Bingo 4:00 Word Teaser 6:00 On the Big Screen</p>	<p>15 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teaser 1:15 Senior Fitness Class w/ Robert 1:00 Love on a Leash 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 On the Big Screen Senior Fitness Class</p>	<p>16 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	<p>17 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 On the Big Screen</p>
<p>18 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen</p>	<p>19 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Special Music w/ Juan Robles 3:00 Dessert Coffee Social 3:15 Activity Class w/ Marisol 3:30 Bingo 6:00 On the Big Screen</p>	<p>20 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen Bus Ride: Sunset Cliff</p>	<p>21 Special Music 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Special Music w/ Mark Flores 3:00 Dessert and Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	<p>22 Thanksgiving 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00-1:00 Thanksgiving Dinner 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 On the Big Screen Happy Thanksgiving</p>	<p>23 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	<p>24 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion with Deacon Salvador 6:00 On the Big Screen</p>
<p>25 Sunday Service 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen</p>	<p>26 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:15 Activity Class w/ Marisol 3:30 Bingo 6:00 On the Big Screen</p>	<p>27 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride/ Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 On the Big Screen Bus Ride: Mt. Soledad</p>	<p>28 Birthday Celebration 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 Sing-Along 2:00 Birthday Celebration 3:30 Bingo 6:00 On the Big Screen</p>	<p>29 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:15 Fitness Class w/ Robert 1:00 Love on the Leash 2:00 Cooking for the Seniors 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 On the Big Screen Senior Fitness Class</p>	<p>30 Bingo 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 On the Big Screen</p>	

Activities are subject to change without notice.