



ActivCare at 4S Ranch

April 2018



ActivCare Daily Activities

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

Special Events

April 1
Easter

April 11
Ice Cream Party

April 25
Birthday Celebration

April 27
Special Music Arbor Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <u>Catholic Communion in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 American Pet Therapy 12:00 <u>Family Easter Lunch</u> 1:00 <u>Easter Egg Hunt</u> 1:30 <u>Sunday Service</u> 2:30 The History of April Fool's Day 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing a Long 6:00 Movie April Fool's Day	2 Scenic Bus Ride to Carlsbad Flower Fields 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 <u>Walker's Club/Scenic Bus Ride</u> 10:30 The Sunshine Circle 1:00 <u>Afternoon Stroll/Scenic Bus Ride</u> 2:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <u>Bingo</u> 6:00 Movie	3 Nat'l Chocolate Mousse 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 Nature Walk 1:00 <u>Music Therapy with Sonata</u> 2:00 <u>Puppy Visit with Izzie and Cheeka</u> 3:00 <u>Chocolate Mousse Party</u> 3:30 Gratitude is out Attitude 4:00 Chair Yoga 6:00 Movie	4 Yoga with Stef 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 Arts and Crafts 1:00 Afternoon Stroll 1:00 <u>Indoor Golf</u> 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	5 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 <u>Humane Society</u> 11:30 Walker's Club 12:00 <u>Family Support Group with Kindred</u> 1:00 Afternoon Stroll 1:00 The Sunshine Circle 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie Humane Society	6 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 10:00 <u>Mystery Bus Ride</u> 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Flower Arranging 1:00 Mystery Bus Ride 1:30 <u>Music with Kerry Powell</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Mystery Bus Ride	7 Water Color Class 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 Yahrzee in the Club 1:00 <u>Miniature Golf/Afternoon Stroll</u> 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 4:00 Trivia 4:00 <u>Water Colors in the Club</u> 6:00 Movie & Popcorn
8 Catholic Communion 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <u>Catholic Communion in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bean Bag Toss 1:30 <u>Sunday Service</u> 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing a Long 6:00 Movie	9 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 <u>Walker's Club/Scenic Bus Ride</u> 10:30 The Sunshine Circle 1:00 <u>Afternoon Stroll/Scenic Bus Ride</u> 2:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 <u>Bingo</u> 6:00 Movie	10 Puppy Visit 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:30 <u>Passover Celebration with Rabbi Mendel</u> 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Good Morning Exercise 1:00 Bean Bag Toss 2:00 <u>Puppy Visit with Izzie and Cheeka</u> 3:00 Dessert & Coffee Social 3:30 Gratitude is out Attitude 4:00 Chair Yoga 6:00 Movie Passover Celebration	11 Critter Encounter 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Yoga with Stef in the Club 10:00 Fruit & Coffee Social 10:30 The Sunshine Circle 10:30 Walker's Club 10:30 <u>Critter Encounter</u> 1:00 Afternoon Stroll 1:00 Trivia 2:00 <u>Ice Cream Party with Healthy Living</u> for Staff and residents 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn I Scream, You Scream, We all Scream for Ice Cream	12 Bingo 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 Afternoon Stroll 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 <u>Bingo</u> 6:00 Movie	13 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 The Sunshine Circle 10:30 Nature Walk 12:30 Flower Arranging 1:30 <u>Music with Laura Flores</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie	14 Water Color Class 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 Walker's Club 1:00 <u>Bowling/Afternoon Stroll</u> 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 4:00 <u>Water Colors in the Club</u> 6:00 Movie & Popcorn
15 Volunteer Appreciation Brunch 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <u>Catholic Communion in the Club</u> 10:00 Fruit & Coffee Social 10:30 American Pet Therapy 10:30 <u>Volunteer Appreciation Brunch</u> 11:30 Walker's Club 1:30 <u>Sunday Service</u> 2:30 Afternoon Stroll 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing a Long 6:00 Movie Sunday Service	16 Scenic Bus Ride to Mt. Soledad 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 <u>Walker's Club/Scenic Bus Ride</u> 10:30 The Sunshine Circle 10:30 Yahrzee in the Club 1:00 Flower Arranging 1:00 <u>Afternoon Stroll/Scenic Bus Ride</u> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 <u>Bingo</u> 6:00 Movie	17 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 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Afternoon Stroll 1:00 Horse Shoes 2:00 <u>Puppy Visit with Izzie and Cheeka</u> 2:00 Jenga in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Chair Yoga 6:00 Movie	18 Happy Hour 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 <u>Yoga with Stef in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 11:00 <u>Love on a Leash</u> 1:00 Indoor Golf 1:00 <u>Happy Hour</u> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 3:30 Gratitude Is Our Attitude 6:00 Movie & Popcorn Love on a Leash	19 VFW Bingo 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 12:00 <u>Red Hat Ladies Lunch</u> 1:00 Horse Shoes 1:00 <u>VFW Bingo</u> 2:00 Sing a Long 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bocce Ball 6:00 Movie Red Hat Ladies	20 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 <u>Critter Encounter</u> 12:30 Flower Arranging 1:30 <u>Music with Juan Robles</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie Critter Encounter	21 Water Color Class 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 <u>Bowling/Afternoon Stroll</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 4:00 <u>Water Colors in the Club</u> 6:00 Movie & Popcorn
22 Earth Day 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <u>Catholic Communion in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 <u>Earth Crafts</u> 10:30 The Sunshine Circle 1:00 Trivia 1:30 <u>Sunday Service</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie	23 Scenic Bus Ride to Veteran's Park 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 <u>Walker's Club/Scenic Bus Ride</u> 10:30 The Sunshine Circle 1:00 Flower Arranging 1:00 <u>Afternoon Stroll/Scenic Bus Ride</u> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 <u>Bingo</u> 6:00 Movie	24 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 10:30 Walker's Club 10:30 Walker's Club 1:00 Afternoon Stroll 1:00 Art and Crafts 2:00 <u>Puppy Visit with Izzie and Cheeka</u> 3:00 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie	25 Birthday Party 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 <u>Yoga with Stef in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 10:30 <u>Men's Club Lunch</u> 1:00 Afternoon Stroll 1:00 Trivia 2:00 Squash Ball 3:00 <u>Birthday Party</u> 3:30 Gratitude Is Our Attitude 3:30 Gratitude Is Our Attitude 6:00 Movie & Popcorn	26 Men's Club Lunch 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 <u>Fruit & Coffee Social</u> 10:30 The Sunshine Circle 10:30 Nature Walk 12:00 <u>Men's Club Lunch</u> 1:00 Afternoon Stroll 2:00 Sing a Long 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bean Bag Toss 6:00 Movie	27 Special Music Arbor 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 10:30 Walker's Club 10:30 Flower Arranging 1:00 Horse Shoes 1:30 <u>Music with Andrew Parker Davis</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie	28 Water Color Class 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 Afternoon Stroll 2:00 <u>Musical Instruments/Garden Club</u> 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 4:00 <u>Water Colors in the Club</u> 6:00 Movie & Popcorn
29 Catholic Communion 8:30 Today's Current Events 8:45 Get To Know Your Neighbors 9:15 Good Morning Exercise 9:30 <u>Catholic Communion in the Club</u> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling/Afternoon Stroll 1:30 <u>Sunday Service</u> 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Movie Sunday Service	30 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 <u>Walker's Club/Scenic Bus Ride</u> 10:30 Sunshine Circle 1:00 <u>Afternoon Stroll/Scenic Bus Ride</u> 1:00 Flower Arranging 3:00 Dessert and Coffee Social 3:30 Gratitude is our Attitude 3:45 <u>Bingo</u> 6:00 Movie					

Activities are subject to change without notice.