



ActivCare
Daily Activities

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

Special Events

August 1
Golf Tournament

August 8
Root Beer Float Party


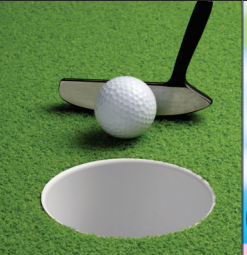


August 23
Birthday Celebration

August 30
Beach Party



ActivCare at 4S Ranch August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>5 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 American Pet Therapy 1:00 Bean Bag Toss 1:30 Sunday Service 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Sunday Service</p>	 <p>6 Scenic Bus Ride to Mt. Helix 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club/<i>Scenic Bus Ride</i> 1:00 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie</p>	 <p>7 Puppy Visit 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Bean Bag Toss 1:30 Art & Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie</p>	<p>1 Golf Tournament 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 <i>Walker's Club</i> 10:30 <i>Indoor Golf Tournament</i> 1:00 Trivia 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn</p>	<p>2 Humane Society 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 <i>Humane Society</i> 11:30 Walker's Club 12:00 Family Support Group with Kindred 1:00 Sing-Along 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Family Support Group</p>	<p>3 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 <i>Mystery Bus Ride</i> 10:30 Flower Arranging 1:00 <i>Mystery Bus Ride</i> 1:30 <i>Music with Mark Flores</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Mystery Bus Ride</p>	<p>4 Nat'l Clown 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 <i>Walkers Club</i> 10:30 <i>Clown Craft</i> 1:00 Miniature Golf 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Water Colors</i> 6:00 Movie & Popcorn Water Color Class</p>
<p>12 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 The Sunshine Circle 10:30 Walker's Club 1:30 Sunday Service 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Sunday Service</p>	<p>13 Scenic Bus Ride to Children's Pool 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club/<i>Scenic Bus Ride</i> 10:30 Arts and Crafts 1:00 Flower Arranging 1:00 Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie</p>	<p>14 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 1:00 Horse Shoes 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 2:00 Jenga in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 Movie</p>	<p>15 Nat'l Lemon Meringue Pie 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 10:30 Love on a Leash 11:30 Nature walk 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 3:00 <i>Lemon Meringue Pie Party</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn Love on a Leash</p>	<p>16 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 Balloon Badminton 11:30 The Sunshine Circle 1:00 VFW visit 2:00 Sing-Along 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 Bocco Ball 6:00 Movie VFW Visit</p>	<p>17 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 The Sunshine Circle 12:30 Flower Arranging 1:30 <i>Music with Juan Robles</i> 3:00 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie</p>	<p>18 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 11:00 Libby Family Piano Duet 1:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <i>Water Colors</i> 6:00 Movie & Popcorn</p>
<p>19 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 American Pet Therapy 1:00 Trivia 1:30 Sunday Service 3:00 Dessert & Coffee Social 3:45 Sing-Along 6:00 Movie Sunday Service</p>	<p>20 Scenic Bus Ride to Lake Dixon 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club/<i>Scenic Bus Ride</i> 1:00 <i>Scenic Bus Ride</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie</p>	<p>21 Senior Citizens 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 10:30 <i>Let's Celebrate Our Seniors</i> 12:00 Red Hat Ladies Lunch 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Puppy Visit</p>	<p>22 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 Nature walk 10:30 Trivia 1:00 Indoor Golf 1:30 <i>Yoga with Stef in the Club</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn</p>	<p>23 Birthday Party 8:30 Today's Current Event 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 Ball Toss 2:00 Sing-Along 3:00 <i>Birthday Party</i> 3:45 Bean Bag Toss 6:00 Movie</p>	<p>24 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 Horse Shoes 2:00 <i>Music with Cara Freedman</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie</p>	<p>25 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 11:00 Libby Family Piano Duet 1:00 Afternoon Stroll 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <i>Water Colors</i> 6:00 Movie & Popcorn</p>
<p>26 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling 1:30 Sunday Service 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Sunday Service</p>	<p>27 Scenic Bus Ride to Lake Poway 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/<i>Scenic Bus Ride</i> 1:00 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie</p>	<p>28 Nat'l Cherry Turnover 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 Walker's Club 10:30 The Sunshine Circle 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Cherry Turnover Party 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Puppy Visit</p>	<p>29 Arm Chair Pilates 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 Beach Craft 12:00 Men's Club Luncheon 1:00 Indoor Golf 1:30 <i>Yoga with Stef in the Club</i> 2:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Arm Chair Pilates</i> 6:00 Movie & Popcorn</p>	<p>30 Beach Party 8:30 Today's Current Event 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Shell Decorating 1:00 <i>Beach Ball Toss</i> 2:00 Make a Sand Castle 3:00 Dessert & Coffee Social 3:45 Frankie & Anette Look Alike Contest 6:00 Movie-Beach Blanket Bingo</p>	<p>31 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 Horse Shoes 1:30 <i>Music with Kerry Powell</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie</p>	

Activities are subject to change without notice.