



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>1 Golf Tournament</p> <p>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 <i>Walker's Club</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</p> <p>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>SD 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 <i>Family Support Group</i></p>	<p>3 Special Music</p> <p>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> 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 <i>Mystery Bus Ride</i></p>	<p>4 Nat'l Clown Day</p> <p>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 <i>Clown</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 <i>Water Color Class</i></p>
<p>5 Catholic Communion</p> <p>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 <i>Sunday Service</i> 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Sunday Service</i></p>	<p>6 Scenic Bus Ride to Mt. Helix</p> <p>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 Bean Bag Toss 1:30 Art & Crafts 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie</p>	<p>7 Puppy Visit</p> <p>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 1:00 The Sunshine Circle 1:00 Bean Bag Toss 1:30 Art & Crafts 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie</p>	<p>8 Root Beer Float Party</p> <p>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 1:00 Trivia 2:00 Ball Toss 3:00 <i>Root Beer Float Party with Healthy Living</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie</p>	<p>9 Cooking for the Senses</p> <p>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 Family Support Group with Kindred 1:00 Sing-Along 2:00 Ball Toss 2:00 Horse Shoes 3:00 <i>Cooking for the Senses</i> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie</p>	<p>10 Special Music</p> <p>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>Music with Diana Polinski</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie</p>	<p>11 Water Color Class</p> <p>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 Bowling 2:00 Garden Club/Musical Instruments 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>12 Catholic Communion</p> <p>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 <i>Sunday Service</i> 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Sunday Service</i></p>	<p>13 Scenic Bus Ride to Children's Pool</p> <p>8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:00 Fruit & Coffee Social 10:30 Nature Walk 1:00 Horse Shoes 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie</p>	<p>14 Puppy Visit</p> <p>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 Izie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Movie</p>	<p>15 Nat'l Lemon Meringue Pie Day</p> <p>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>Lemon Meringue Pie Party</i> 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 <i>Love on a Leash</i></p>	<p>16 Happy Hour</p> <p>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 Nature Walk 1:00 FWF Visit 2:00 Sing-Along 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Bocce Ball 6:00 Movie <i>VFW Visit</i></p>	<p>17 Special Music</p> <p>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>Music with Juan Robles</i> 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>18 Water Color Class</p> <p>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 1:00 Bowling 2:00 Garden Club/Musical Instruments 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</p> <p>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 <i>Sunday Service</i> 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Sunday Service</i></p>	<p>20 Scenic Bus Ride to Lake Dixon</p> <p>8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:00 Fruit & Coffee Social 10:30 Flower Arranging 1:00 <i>Scenic Bus Ride</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie</p>	<p>21 Senior Citizens Day</p> <p>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 <i>Celebrate Our Seniors</i> 12:00 Red Hat Ladies Lunch 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Puppy Visit</i></p>	<p>22 Yoga with Stef</p> <p>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 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</p> <p>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 10:30 Flower Arranging 1:00 Horse Shoes 1:30 <i>Birthday Party</i> 3:00 <i>Birthday Party</i> 3:30 Gratitude is Our Attitude 3:45 Bean Bag Toss 6:00 Movie</p>	<p>24 Special Music</p> <p>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 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>25 Water Color Class</p> <p>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 1:00 Libby Family Piano Duet 2:00 Garden Club/Musical Instruments 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</p> <p>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 Trivia 1:30 <i>Sunday Service</i> 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Sunday Service</i></p>	<p>27 Scenic Bus Ride to Lake Poway</p> <p>8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club/<i>Scenic Bus Ride</i> 10:30 Nature Circle 1:00 <i>Scenic Bus Ride</i> 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie <i>Puppy Visit</i></p>	<p>28 Nat'l Cherry Turnover Day</p> <p>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 10:30 The Sunshine Circle 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izie and Cheeka</i> 3:00 <i>Cherry Turnover Party</i> 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie</p>	<p>29 Arm Chair Pilates</p> <p>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 <i>Men's Club Luncheon</i> 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>30 Beach Party</p> <p>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 <i>Shell Decorating</i> 1:00 <i>Beach Ball Toss</i> 2:00 Make a Sand Castle 3:00 Dessert & Coffee Social 3:30 Frankie & Anette Look Alike Contest 3:45 Sing-Along 6:00 Movie</p>	<p>31 Special Music</p> <p>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 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>	

Activities are subject to change without notice.