



ActivCare Daily Activities

What's News

Music That Matters

Exercise in Motion

Think It - Say It

Neighborhood Walks

Creative Arts

Special Events

January 1
New Year's Day

January 17
VFW Visit

January 21
*Martin Luther
King Jr. Day*

January 24
Birthday Celebration



ActivCare at 4S Ranch January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6 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 10:30 4 Paws of Love 1:00 Bean Bag Toss 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time	 7 Scenic Bus Ride 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club's <i>Scenic Bus Ride</i> 10:30 Flower Arranging 1:00 Fresh Air 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time	1 New Year's Day 8:00 <i>Tournament of Rose Parade</i> 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 Wheel of Fortune 11:30 Nature Walk 1:00 Sing-Along 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time	2 Nat'l Cream Puff 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 11:30 Sing-Along 1:00 Bridge in the Club 2:00 Bowling 3:00 <i>Cream Puff Party</i> 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time w/ Popcorn	3 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 Walker's Club 11:30 Nature Walk 12:00 Earth Support Group w/ Kindred 1:00 Ball Toss 2:00 Finish the Quote 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Flower Arranging 6:00 Show Time	4 Grace Academy 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 11:30 <i>Grace Academy</i> 12:00 Nature Walk 1:30 Music w/ Vera Freedman 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Flower Arranging 6:00 Show Time	5 Nat'l Bird 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 Bird Watching 1:00 <i>Bird Club</i> 2:00 Garden Club's Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time w/ Popcorn
13 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 Stars Youth Charity Club 1:00 Bean Bag Toss 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movies	14 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's <i>Scenic Bus Ride</i> 10:30 Bowling 1:00 Flower Arranging 2:00 <i>Yoga in the Club w/ Stef</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies	15 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 Nature Walk 10:30 <i>Critter Encounter</i> 1:00 Horse Shoes 2:00 <i>Puppy Visit w/ 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 At the Movies	16 Love on a Leash 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 Trivia 10:30 <i>Love on a Leash</i> 1:00 Bridge in the Club 2:00 <i>Red Hat Ladies Lunch</i> 3:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	17 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 Nature Walk 10:30 <i>Life Group Volunteers</i> 1:00 <i>VFW Visit</i> 2:00 Horse Shoes 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movie	18 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 11:30 <i>Music w/ Juan Robles</i> 1:00 Bowling 2:00 Garden Club's 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 Show Time	19 Nat'l Popcorn 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 11:30 Walker's Club 1:00 Bowling 2:00 <i>Popcorn Craft</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 <i>At the Movie & Popcorn</i>
20 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 NFL in the Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 4 Paws of Love 1:00 Trivia 2:00 Libby Family Piano Duet 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	21 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's <i>Scenic Bus Ride</i> 10:30 Flower Arranging 12:00 <i>Support Group w/ Seasons Hospice</i> 2:00 <i>Yoga in the Club w/ Stef</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	22 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 <i>Puppy Visit w/ Izzie and Cheeka</i> 1:00 Arts & Crafts 2:00 <i>Puppy Visit w/ Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Feature Film	23 Nat'l 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 <i>Pie Party</i> 1:00 Bridge in the Club 2:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	24 Birthday Party 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 Ball Toss 10:30 Walker's Club 10:30 Flower Arranging 1:00 Trivia 2:00 Horse Shoes 3:00 <i>Birthday Party</i> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	25 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 Walkers Club 11:00 Trivia 1:00 Horse Shoes 1:30 <i>Music w/ Andrew Parker Davis</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 Feature Film	26 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 Trivia 1:00 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 Feature Film & Popcorn
27 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 NFL in the Club 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Trivia 2:00 Libby Family Piano Duet 3:00 Stars Youth Charity 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	28 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's <i>Scenic Bus Ride</i> 10:30 Flower Arranging 1:00 Arts & Crafts 2:00 <i>Yoga in the Club w/ Stef</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	29 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 Trivia 1:00 Arts & Crafts 2:00 <i>Puppy Visit w/ Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Movie Time	30 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 Nature walk 10:30 <i>The Sunshine Circle</i> 12:00 <i>Men's Club Lunch</i> 1:00 Indoor Golf 2:00 Bridge in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn	31 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 <i>Travelogue-London</i> 10:30 Walker's Club 1:00 <i>British Craft</i> 3:00 <i>Cooking for the Senses - British Style</i> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	 <i>Activities are subject to change without notice.</i>	