



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
 <p>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 NFL in the Club 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</p>	 <p>7 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 Scenic Bus Ride 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</p>	<p>1 New Year's Day 8:00 Tournament of Rose's Parade 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 Bowling 2:00 Rose Bowl 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</p>	<p>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 Wheel of Fortune 11:30 Walker's Club 12:00 Sing-Along 1:00 Bridge in the Club 2:00 Bowling 3:00 Cream Puff Party 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time w/ Popcorn Happy Birthday Edwin</p>	<p>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 SD Humane Society 11:30 Walker's Club 12:00 Family 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 Bingo 6:00 Show Time Family Support Group Happy Birthday Richard</p>	<p>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 Grace Academy 11:30 Nature Walk 1:30 Music w/ Cara Freedman 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Flower Arranging 6:00 Show Time Happy Birthday Fran</p>	<p>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 Walkers Club 10:30 Bird Watching 1:30 Bird Craft 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time w/ Popcorn Happy Birthday Gerry</p>
<p>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</p>	<p>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 Scenic Bus Ride 10:30 Bowling 1:00 Flower Arranging 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies Happy Birthday Kelly</p>	<p>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 Critter Encounter 1:00 Horse Shoes 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Jenga in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies Happy Birthday Zeni Happy Birthday Wayne</p>	<p>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 Love on a Leash 1:00 Life Group Volunteers 2:00 Red Hat Ladies Lunch 3:00 Bridge in the Club 1:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn</p>	<p>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 Ball Toss 10:30 Walker's Club 1:30 Life Group Volunteers 1:00 VFW Visit 2:00 Horse Shoes 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movie Happy Birthday Rosie</p>	<p>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 Nature Walk 10:30 Flower Arranging 1:30 Music w/ Juan Robles 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 At the Movie</p>	<p>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 Popcorn Craft 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie & Popcorn</p>
<p>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 10:30 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</p>	<p>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 Scenic Bus Ride 10:30 Flower Arranging 12:00 Support Group w/ Seasons Hospice 2:00 Yoga in the Club w/ Stef 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film Martin Luther King Jr. Day</p>	<p>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 Walker's Club 10:30 Bean Bag Toss 1:00 Arts & Crafts 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Feature Film</p>	<p>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 Wheel of Fortune 1:00 Bridge in the Club 1:00 Indoor Golf 3:00 Pie Party 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn Happy Birthday Helen</p>	<p>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 1:00 Trivia 2:00 Horse Shoes 3:00 Birthday Party 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film Happy Birthday Thelma</p>	<p>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 Walker's Club 10:30 Flower Arranging 1:00 Horse Shoes 1:30 Music w/ Andrew Parker Davis 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 Feature Film</p>	<p>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 2:00 Musical Instruments Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Feature Film & Popcorn</p>
<p>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 10:30 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 3:00 Bowling 3:30 Libby Family Piano Duet 2:30 Stars Youth Charity 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time Happy Birthday Ruthellen</p>	<p>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 Flower Arranging 1:00 Bowling 2:00 Yoga in the Club w/ Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time</p>	<p>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 10:30 Walker's Club 1:00 Arts & Crafts 2:00 Puppy Visit w/ Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Movie Time</p>	<p>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 The Sunshine Circle 12:00 Men's Club Lunch 1:00 Indoor Golf 3:00 Bridge in the Club 3:30 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn</p>	<p>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 Travelogue-London 10:30 Walker's Club 1:00 British Craft 3:00 Cooking for the Senses- British Style 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time</p>		

Activities are subject to change without notice.