



# ActivCare Daily Activities

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

## Special Events

**November 9**

Veterans Day Celebration

**November 15**

Birthday Party

**November 22**

Thanksgiving






**November 30**

Deck the Ranch Party



# ActivCare at 4S Ranch November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Alzheimer's Awareness Month</p>		 <p>VETERANS DAY HONORING ALL WHO SERVED</p>		<b>1 Humane Society</b> 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 SD Humane Society 11:30 Walker's Club 12:00 Family Support Group with Kindred 1:00 Ball Toss 2:00 Music Therapy With Seasons Hospice 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 On the Big Screen <b>Family Support Group</b>	<b>2 Special Music</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Catholic Confession with Msgr Cinco 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Flower Arranging 1:30 Music with Cara Freedman 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 On the Big Screen <b>Happy Birthday Frankie</b>	<b>3 Water Color Class</b> 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 1:00 Miniature Golf 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 On the Big Screen with Popcorn
<b>4 Catholic Communion</b> 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 10:00 NFL in the Club 10:30 Walker's Club 10:30 American Pet Therapy 11:00 History of King Tut/ King Tut Craft 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 <b>Daylight Savings Ends King Tut Day</b>	<b>5 Scenic Bus Ride</b> 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 1:00 Flower Arranging 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:00 Daisy Troop 2135 3:30 Gratitude is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 Show Time	<b>6 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit & Coffee Social 10:30 Music Therapy with Mission Hospice 1:00 Bean Bag Toss 1:30 Art & Crafts-Thanksgiving 2:00 Puppy Visit with Izzi and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 4:00 Chair Yoga 6:00 Show Time <b>Election Day</b>	<b>7 Diegueno Country School Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:30 Walker's Club 10:30 Diegueno Country School Visit 11:30 Nature Walk 1:00 Sing-Along 1:00 Bridge in the Club 3:45 Bingo 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Popcorn	<b>8 RB Presbyterian Visit</b> 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 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 1:00 RB Presbyterian Visit with Kindred 2:00 Horse Shoes 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:00 Dessert & Coffee Social 5:30 NFL in the Club 6:00 Show Time <b>Happy Birthday Judy</b>	<b>9 Veterans Day Celebration</b> 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 Veterans Day Celebration with Kindred 11:30 Nature Walk 1:30 Music with Laura Flores 3:30 Gratitude is Our Attitude 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Flower Arranging 6:00 Show Time	<b>10 Water Color Class</b> 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 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Show Time with Popcorn
<b>11 Catholic Communion</b> 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 <b>Veterans Day</b>	<b>12 Nat'l Pizza Day</b> 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 12:00 Pizza Party 1:00 Flower Arranging 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 At the Movies <b>Scenic Bus Ride</b>	<b>13 Nat'l Family Caregiver Day</b> 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 Thank you Cards 1:00 Horse Shoes 2:00 Puppy Visit with Izzi and Cheeka 3:00 Dessert & Coffee social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies <b>Puppy Visit</b>	<b>14 Bridge in the Club</b> 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 Nature walk 1:00 VFW Visit 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	<b>15 Birthday Party</b> 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 Life Day Program Volunteers 1:00 VFW Visit 1:00 Balloon Badminton 2:00 Music Therapy with Seasons Hospice 3:00 Birthday Party 3:30 Gratitude is Our Attitude 3:45 Bocce Ball 5:30 NFL in the Club 6:00 At the Movie <b>VFW Visit</b>	<b>16 Special Music</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Flower Arranging 1:30 Music with Juan Robles 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie <b>Wear Purple for Alzheimer's Awareness</b>	<b>17 Water Color Class</b> 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 Existence Church Volunteers 11:30 Walker's Club 1:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 At the Movie & Popcorn
<b>18 Catholic Communion</b> 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 Walkers Club 10:30 Flower Arranging 10:30 American Pet Therapy 10:30 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	<b>19 Scenic Bus Ride</b> 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 12:00 Men's Club Lunch 2:00 Yoga in the Club with Stef 3:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 Feature Film 6:00 Medicare ABC's for 2019 Workshop <b>International Men's Day Happy Birthday Hollee</b>	<b>20 Nat'l Cherry Pie Day</b> 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 Art and Crafts 2:00 Puppy Visit with Izzi and Cheeka 3:00 Cherry Pie Party 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film <b>Puppy Visit</b>	<b>21 Love on a Leash</b> 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 1:00 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 Feature Film & Popcorn <b>Happy Birthday Jeanine</b>	<b>22 Thanksgiving</b> 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 NFL in the Club 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Balloon Badminton 12:00 Traditional Thanksgiving Meal 3:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 4:00 Bean Bag Toss 6:00 Feature Film	<b>23 Special Music</b> 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 with Andrew Parker Davis 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film <b>Black Friday Happy Birthday Robert</b>	<b>24 Water Color Class</b> 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 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 Water Colors 6:00 Feature Film & Popcorn <b>Happy Birthday Mila</b>
<b>25 Catholic Communion</b> 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 Bowling 2:00 Libby Family Piano Duet 2:30 Star Youth Charity Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time <b>Happy Birthday Rajah</b>	<b>26 Scenic Bus Ride</b> 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 11:30 Flower Arranging 1:00 Bowling 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 Movie Time	<b>27 Puppy Visit</b> 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 12:00 Red Hat Ladies Lunch 1:00 Art and Crafts 2:00 Puppy Visit with Izzi and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	<b>28 The Sunshine Circle</b> 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 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	<b>29 Travelogue</b> 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 Make a Fan 1:00 Travelogue China 2:00 Seasons Silver & Gold Presentation 3:00 Cooking for the Senses- Chinese Food 4:00 Bean Bag Toss 5:30 NFL in the Club 6:00 Feature Film	<b>30 Deck the Ranch Party</b> 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 Deck the Ranch 1:30 Music with Kerry Powell 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film <b>Special Music Happy Birthday Andres</b>	

Activities are subject to change without notice.