



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>5 Scenic Bus Ride</p>	 <p>11 Catholic Communion</p>	 <p>6 Puppy Visit</p>	 <p>12 Nat'l Pizza Day</p>	 <p>7 Diegueno Country School Visit</p>	 <p>13 Nat'l Family Caregiver Day</p>
<p>4 Catholic Communion</p> <p>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 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</p> <p>Daylight Savings Ends King Tut Day</p>	<p>5 Scenic Bus Ride</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/ Scenic Bus Ride</p> <p>10 Arts & Crafts</p> <p>1:00 Yoga in the Club with Stef 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 Show Time</p>	<p>11 Catholic Communion</p> <p>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>Veterans Day</p>	<p>6 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</p> <p>1:00 Puppy Visit with Izzie and Cheeka</p> <p>2:00 Puppy Visit with Izzie and Cheeka</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time</p> <p>Election Day</p>	<p>12 Nat'l Pizza Day</p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Walker's Club/ Scenic Bus Ride</p> <p>10 Arts & Crafts</p> <p>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</p> <p>Scenic Bus Ride</p>	<p>7 Diegueno Country School 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 Ball Toss</p> <p>1:00 Ball Toss</p> <p>2:00 Horse Shoes</p> <p>3:00 Sing-Along</p> <p>4:00 Chair Pilates</p> <p>6:00 Show Time with Popcorn</p>	<p>13 Nat'l Family Caregiver 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 Trivia</p> <p>1:00 Bridge in the Club</p> <p>2:00 Thank You Cards</p> <p>3:00 Horse Shoes</p> <p>4:00 Puppy Visit</p> <p>6:00 At the Movies & Popcorn</p>
<p>18 Catholic Communion</p> <p>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 American Pet Therapy 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>Medicare ABC's for 2019 Workshop</p> <p>International Men's Day</p> <p>Happy Birthday Hollee</p>	<p>19 Scenic Bus Ride</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/ Scenic Bus Ride</p> <p>10:30 Flower Arranging</p> <p>12:00 Men's Club Lunch</p> <p>1:00 Yoga in the Club with Stef 2:00 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</p> <p>Puppy Visit</p>	<p>20 Nat'l Cherry 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 Walker's Club</p> <p>10:30 Flower Arranging</p> <p>12:00 Men's Club Lunch</p> <p>1:00 Yoga in the Club with Stef 2:00 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</p> <p>Puppy Visit</p>	<p>21 Love on a Leash</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</p> <p>10:30 Love on a Leash</p> <p>1:00 Indoor Golf</p> <p>2:00 Puppy Visit with Izzie and Cheeka</p> <p>3:00 Cherry Pie Party</p> <p>3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film</p> <p>Happy Birthday Jeanine</p>	<p>22 Thanksgiving</p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 NFL in the Club</p> <p>10:00 Fruit & Coffee Social</p> <p>10:30 Nature Walk</p> <p>12:00 Traditional Thanksgiving Meal</p> <p>1:00 Indoor Golf</p> <p>2:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 3:45 Chair Pilates</p> <p>6:00 Feature Film</p>	<p>23 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 Walkers' Club</p> <p>10:30 Flower Arranging</p> <p>12:00 Traditional Thanksgiving Meal</p> <p>1:00 Indoor Golf</p> <p>2:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 3:45 Sing-Along 6:00 Feature Film</p> <p>Black Friday</p> <p>Happy Birthday Robert</p>	<p>24 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</p> <p>11:00 Trivia</p> <p>1:00 Afternoon Stroll</p> <p>2:00 Musical Instruments/ Garden Club</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors</p> <p>6:00 Feature Film & Popcorn</p> <p>Happy Birthday Mila</p>
<p>25 Catholic Communion</p> <p>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 Thanksgiving Circle</p> <p>1:00 Bowling</p> <p>2:00 Libby Family Piano Duet</p> <p>2:30 Star Youth Charity Club</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time</p> <p>Happy Birthday Rajah</p>	<p>26 Scenic Bus Ride</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/ Scenic Bus Ride</p> <p>10:30 Flower Arranging</p> <p>12:00 Men's Club Lunch</p> <p>1:00 Yoga in the Club with Stef 2:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 Movie Time</p> <p>Puppy Visit with Izzie and Cheeka</p>	<p>27 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 Walker's Club</p> <p>10:30 Trivia</p> <p>12:00 Men's Club Lunch</p> <p>1:00 Arts & Crafts</p> <p>2:00 Puppy Visit with Izzie and Cheeka</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 5:30 NFL in the Club 6:00 Movie Time</p> <p>Puppy Visit with Izzie and Cheeka</p>	<p>28 The Sunshine Circle</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</p> <p>10:30 The Sunshine Circle</p> <p>12:00 Red Hat Luncheon</p> <p>1:00 Bridal Shower</p> <p>2:00 Bridal Shower</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Pilates</p> <p>6:00 Movie Time & Popcorn</p>	<p>29 Travelogue</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</p> <p>10:30 Make a Fall China</p> <p>1:00 Thanksgiving Circle</p> <p>2:00 Seasons Silver & Gold Presentation</p> <p>3:00 Cooking for the Senses- Chinese Food</p> <p>4:00 Bean Bag Toss</p> <p>5:30 NFL in the Club</p> <p>6:00 Feature Film</p>	<p>30 Deck the Ranch 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</p> <p>10:30 Flower Arranging</p> <p>1:00 Deck the Ranch</p> <p>2:00 Thanksgiving Circle</p> <p>3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film</p> <p>Special Music</p> <p>Happy Birthday Andres</p>	 <p>Activities are subject to change without notice.</p>