



## ActivCare Daily Activities

### What's News

### Music That Matters

### Exercise in Motion

### Think It - Say It

### Neighborhood Walks

### Creative Arts

## Special Events

September 3  
Labor Day

September 9  
Grandparents Day

Septmber 20  
Country Hoedown

September 26  
Birthday Celebration



# ActivCare at Mission Bay September 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>2 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere	<b>3 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>4 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Scene's Bus Ride</i> /Walkers Club 11:00 Arts & Crafts 1:00 <i>Scene's Bus Ride</i> 2:00 Musical Instruments 2:45 <i>Scene's Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere  <b>Bus Rides: Sunset Cliffs</b>	<b>5 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 2:00 <i>Special Music w/Laura</i> 2:45 <i>Special Music w/Myron Frame</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>6 Love on a Leash</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:15 <i>Senior Fitness Class w/Robert</i> 11:00 Arts & Crafts 1:00 <i>Love on a Leash</i> 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>7 Picnic Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 12:00 <i>Picnic Bus Ride</i> 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>1 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <i>Communion w/Deacon Salvador</i> 6:00 Tonight's Premiere
<b>9 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere	<b>10 Gardening</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:30 <i>Gardening</i> 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>11 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Scene's Bus Ride</i> /Walkers Club 11:00 Arts & Crafts 1:15 <i>Scene's Bus Ride</i> 2:00 Musical Instruments 2:45 <i>Scene's Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere  <b>Bus Ride: Mission Beach</b>	<b>12 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teaser 2:00 <i>Special Music w/Myron Frame</i> 2:45 <i>Special Music w/Charie Ray</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Football Season Jersey Day All Day!!!</b>	<b>13 Pamper Me Lovely</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:15 <i>Senior Fitness Class w/Robert</i> 11:00 Arts & Crafts 1:00 <i>Pamper Me Lovely</i> 2:00 Sing-Along 3:00 <i>Pamper Me Lovely</i> 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>14 Women Club Luncheon</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & crafts 12:00 <i>Women Club Luncheon</i> 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night  <b>Bingo</b>	<b>8 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <i>Communion w/Deacon Salvador</i> 6:00 Tonight's Premiere
<b>16 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere	<b>17 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Scene's Bus Ride</i> /Walkers Club 11:00 Arts & Crafts 1:15 <i>Scene's Bus Ride</i> 2:00 Musical Instruments 2:45 <i>Scene's Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Bus Ride: Mt. Soledad</b>	<b>18 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Scene's Bus Ride</i> /Walkers Club 11:00 Arts & Crafts 1:15 <i>Scene's Bus Ride</i> 2:00 Musical Instruments 2:45 <i>Scene's Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Bus Ride: Mt. Soledad</b>	<b>19 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 1:30 <i>Special Music w/Juan Robles</i> 2:00 <i>Special Music w/Charlie Ray</i> 2:45 <i>Special Music w/Mark Flores</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>20 Hoedown</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 <i>Senior Fitness Class w/Robert</i> 11:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing-Along 3:00 <i>Special Music w/Cowboy Jack</i> 3:30 Trivia 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>21 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>22 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <i>Communion w/Deacon Salvador</i> 6:00 Tonight's Premiere
<b>23 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere	<b>24 Special Outing</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 <i>Special Outing</i> 11:00 Arts & Crafts 1:00 Ladder Ball 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Bus Ride: Balboa Park</b>	<b>25 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Scene's Bus Ride</i> /Walkers Club 11:00 Arts & Crafts 1:15 <i>Scene's Bus Ride</i> 2:00 Musical Instruments 2:45 <i>Scene's Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere  <b>Bus Ride: Balboa Park</b>	<b>26 Special Music</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Word Teasers 1:30 <i>Special Music w/Mark Flores</i> 2:00 <i>Special Music w/Mark Flores</i> 2:45 <i>Special Music w/Mark Flores</i> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>27 Love on a Leash</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 11:15 <i>Senior Fitness Class w/Robert</i> 11:00 Arts & Crafts 1:00 <i>Love on a Leash</i> 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere  <b>Senior Fitness Class</b>	<b>28 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	<b>29 Catholic Communion</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <i>Communion w/Deacon Salvador</i> 6:00 Tonight's Premiere
<b>30 Sunday Service</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Trivia 1:30 Sunday Service 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere						

Activities are subject to change without notice.