



ActivCare at Mission Bay September 2018



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Sunday Service 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	3 Bingo 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	4 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride /Walkers Club 11:00 Arts & Crafts 1:00 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere <i>Bus Rides: Sunset Cliffs</i>	5 Special Music 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 Special Music w/Laura 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	6 Love on a Leash 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:15 Senior Fitness Class w/Robert 1:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Tonight's Premiere <i>Senior Fitness Class</i>	7 Picnic Bus Ride 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 Picnic Bus Ride 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	8 Catholic Communion 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Art & Crafts 1:00 Table Games 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 Communion w/Deacon Salvador 6:00 Tonight's Premiere
9 Sunday Service 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 Sing-Along 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere	10 Gardening 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 1:30 Gardening 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	11 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride /Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere <i>Bus Ride: Mission Beach</i>	12 Special Music 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 Special w/Myron Frame 3:30 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere <i>Football Season Jersey Day All Day!!!</i>	13 Pamper Me Lovely 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:15 Senior Fitness Class w/Robert 1:00 Arts & Crafts 1:00 Trivia 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Pamper Me Lovely 6:00 Tonight's Premiere <i>Senior Fitness Class</i>	14 Women Club Luncheon 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 Women Club Luncheon 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night <i>Bingo</i>	15 Catholic Communion 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 Communion w/Deacon Salvador 6:00 Tonight's Premiere
16 Sunday Service 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	17 Special Music 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 Special Music w/Juan Robles 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	18 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride /Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere <i>Bus Ride: Mt. Soledad</i>	19 Special Music 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 Special Music w/Charlie Ray 2:00 Table Games 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	20 Hoedown 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 Senior Fitness Class w/Robert 1:00 Love on a Leash 2:00 Sing-Along 3:00 Special Music w/Cowboy Jack 3:30 Trivia 6:00 Tonight's Premiere <i>Senior Fitness Class</i>	21 Bingo 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 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	22 Catholic Communion 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 Communion w/Deacon Salvador 6:00 Tonight's Premiere
23 Sunday Service 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	24 Special Outing 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:45 Special Outing 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	25 Bus Ride 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Scenic Bus Ride /Walkers Club 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Tonight's Premiere <i>Bus Ride: Balboa Park</i>	26 Special Music 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 Special Music w/Mark Flores 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	27 Love on a Leash 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 Senior Fitness Class w/Robert 1:00 Love on a Leash 2:00 Sing-Along 3:00 Dessert & Coffee Social 3:30 Trivia 6:00 Tonight's Premiere <i>Senior Fitness Class</i>	28 Bingo 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 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Tonight's Premiere	29 Catholic Communion 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 Communion w/Deacon Salvador 6:00 Tonight's Premiere
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Activities are subject to change without notice.