



# ActivCare at Mission Bay

## July 2018



### ActivCare Daily Activities

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

### Special Events

**July 4**  
Independence Day

**July 16**  
Special Music

**July 26**  
Women's Club Luncheon

**July 30**  
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 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 <b>Sunday Service</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>2 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 <b>Bingo</b> 6:00 Movie Night	<b>3 Bus Ride: Downtown</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Bus Rides To Mt. Soledad</i>	<b>4 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 <b>Special Music w/ Laura Flores</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night  <i>Fourth of July BBQ HAPPY BIRTHDAY LIMA!</i>	<b>5 Pamper Me Lovely</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 <b>Balloon Toss</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 <b>Pamper Me Lovely</b> 6:00 Movie Night  <i>Senior Fitness with Robert</i>	<b>6 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 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 6:00 Movie Night	<b>7 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 CATHOLIC COMMUNION 2:00 Musical Instruments 3:00 Dessert & Coffee Social 3:30 Bowling 4:00 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>8 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 <b>Sunday Service</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>9 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 <b>Bingo</b> 6:00 Movie Night	<b>10 Bus Ride: La Jolla</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Bus Rides To Mt. Soledad</i>	<b>11 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 12:00 <b>Men's Club Luncheon</b> 2:00 <b>Special Music w/ Myron</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night  <i>Men's Club Luncheon</i>	<b>12 Love on a Leash</b> 8:30 Today's Current Events 9:15 <b>Good Morning Exercise</b> 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 <b>Balloon Toss</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 <b>Love on a Leash</b> 6:00 Movie Night  <i>Senior Fitness with Robert</i>	<b>13 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 <b>Picnic Bus Ride</b> 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 6:00 Movie Night	<b>14 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 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>15 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 <b>Sunday Service</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>16 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 Ladder Ball 2:00 <b>Special Music w/ Juan Robles</b> 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 6:00 Movie Night	<b>17 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Bus Ride: Mission Beach</i>	<b>18 Disney Day</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 <b>Women's Club</b> 1:00 Word Teasers 2:00 <b>Sing A Long</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>19 Pamper Me Lovely</b> 8:30 Today's Current Events 9:15 <b>Good Morning Exercise</b> 10:00 Fruit & Coffee Social 10:30 Walkers Club 11:00 Arts & Crafts 1:00 Love on a Leash 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 <b>Pamper Me Lovely</b> 6:00 Movie Night  <i>Senior Fitness with Robert</i>	<b>20 Bingo</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 6:00 Movie Night	<b>21 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 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>22 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 <b>Sunday Service</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Nat'l Parents' Day</i>	<b>23 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 <b>Bingo</b> 6:00 Movie Night	<b>24 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:15 Scenic Bus Ride 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Bus Ride: Mt. Soledad</i>	<b>25 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 <b>Special Music w/ Mark Flores</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Movie Night	<b>26 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 12:00 <b>Women Club Luncheon</b> 1:00 <b>Balloon Toss</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 <b>Love on a Leash</b> 6:00 Movie Night  <i>Women's Club Luncheon</i>	<b>27 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 12:00 Picnic Bus Ride 1:00 Hangman 2:00 Music Hour 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 6:00 Movie Night	<b>28 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 <b>Communion with Deacon Salvador</b> 6:00 Movie Night
<b>29 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 <b>Sunday Service</b> 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night	<b>30 Birthday Celebration</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 <b>Birthday Celebration</b> 3:30 <b>Bingo</b> 6:00 Movie Night	<b>31 Bus Ride</b> 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Scenic Bus Ride/ Walkers Club</b> 11:00 Arts & Crafts 1:45 Scenic Bus Ride 2:00 Musical Instruments 2:45 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Short Stories 6:00 Movie Night  <i>Bus Ride: Sunset Cliffs</i>				

Activities are subject to change without notice.