






# ActivCare at 4S Ranch May 2019



## ActivCare Daily Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Happy Mother's Day</b></p>	 <p><b>CINCO de MAYO</b></p>	 <p><b>National Nurses Week May 6th -12th</b></p>	<p><b>1 May Day</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 11:30 The History of May Day 1:00 Sing A Long 1:00 Bridge in the Club 2:00 Bowling 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Popcorn</p>	<p><b>2 Family Support Group</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 12:00 <b>Family Support Group with Kindred</b> 1:00 Trivia 2:00 Indoor Golf 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time</p>	<p><b>3 Special Music</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Flower Arranging 10:30 Nature Walk 1:30 <b>Music with Cara Freedman</b> 3:00 Dessert &amp; Coffee Social 3:30 Piano with John Ponsiglione 6:00 Show Time</p>	<p><b>4 The Sunshine Circle</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club 10:30 <b>The Sunshine Circle</b> 1:00 Ball Toss 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Water Colors 6:00 Show Time with Pop Corn  <i>Happy Birthday Dee</i></p>
<p><b>5 Cinco De Mayo</b></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 &amp; Coffee Social 10:30 4 Paws of Love 11:30 Walker's Club 12:00 <b>Traditional Mexican Fare</b> 1:00 Hoopie time 2:00 <b>Piñata Fun</b> 2:30 Musical Sombreros 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Show Time  <i>Happy Birthday Pete</i></p>	<p><b>6 Scenic Bus Ride National Nurses Day</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 1:00 Indoor Golf 2:00 Penny for Your Thoughts 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time</p>	<p><b>7 Puppy Visit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Arts &amp; Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert &amp; Coffee Social 3:30 Gratitude is out Attitude 4:00 Chair Yoga 6:00 Show Time  <i>Happy Birthday Ana Maria</i></p>	<p><b>8 Happy Hour</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 Wheel of Fortune 1:00 Sing A Long 1:00 Bridge in the Club 2:00 Bowling 3:00 <b>Happy Hour</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Pop Corn</p>	<p><b>9 RB Presbyterian Visit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 <b>RB Presbyterian Visit</b> 2:00 Bowling 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time</p>	<p><b>10 Special Music</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Flower Arranging 10:30 Nature Walk 1:15 <b>Music with Vincent Young</b> 3:00 Dessert &amp; Coffee Social 3:30 Piano with John Ponsiglione 6:00 Show Time</p>	<p><b>11</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 <b>The Sunshine Circle</b> 10:30 Walker's Club 1:00 Hoopie Time 2:00 Garden Club/Musical Instruments 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Water Colors 6:00 Show Time with Pop Corn  <i>Happy Birthday Rowena</i></p>
<p><b>12 Catholic Communion Mother's Day</b></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 9:45 <b>ActivCare Mother's Day Boutique</b> 10:00 Fruit &amp; Coffee Social 10:30 Creative Arts with Nabeel 12:00 <b>Mother's Day Lunch</b> 1:00 Music With Diane Polinaki 2:00 Ball Toss 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 At the Movies  <i>Happy Birthday Marjorie</i></p>	<p><b>13 Scenic Bus Ride National Apple Pie Day</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 1:00 Horse Shoes 2:00 Trivia 3:00 Apple Pie Party 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p><b>14 Puppy Visit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Arts &amp; Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 2:00 Jenga in the Club 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Chair Yoga 6:00 At the Movies</p>	<p><b>15 Love on a Leash Birthday Party</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 Love on a Leash 12:00 <b>Red Hat Ladies</b> 2:00 Bridge in the Club 1:00 Indoor Golf 3:00 <b>Birthday Party</b> 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies &amp; Popcorn  <i>Happy Birthday Duke</i></p>	<p><b>16 VFW Post 7766 Visit</b></p> <p>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 Ball Toss 10:30 The Sunshine Circle with Life Group Volunteers 1:00 <b>VFW Post 7766 Visit</b> 2:00 Horse Shoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p><b>17 Special Music</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Flower Arranging 10:30 Nature Walk 1:30 <b>Music with Juan Robles</b> 3:30 Piano with John Ponsiglione 6:00 At the Movie</p>	<p><b>18 Armed Forces day</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 <b>The Sunshine Circle</b> 11:30 Walker's Club 1:00 Bowling 2:00 <b>The History of Armed Forces Day</b> 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 At the Movie &amp; Popcorn  <i>Happy Birthday Imelda</i></p>
<p><b>19 Catholic Communion</b></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 &amp; Coffee Social 10:30 Creative Arts with Nabeel 1:00 Hoopie Time 1:30 4 Paws of Love 2:00 Trivia 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Feature Film  <i>Happy Birthday Marjorie</i></p>	<p><b>20 Family Support Group</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 <b>Family Support Group with Seasons</b> 1:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film</p>	<p><b>21 Puppy Visit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:15 <b>ActivFit</b> 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Arts &amp; Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long-Karaoke Time 6:00 Feature Film</p>	<p><b>22 Travelogue</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature walk 10:30 Critter Encounter 1:00 Bridge in the Club 1:00 Balloon Badminton 2:00 <b>Travelogue Canada</b> 3:00 Cooking for the Senses: Canadian Style 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film &amp; Popcorn</p>	<p><b>23 ActivFit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:15 <b>ActivFit</b> 10:30 The Sunshine Circle 10:30 Walker's Club 1:00 Penny for Your Thoughts 2:00 Horse Shoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film</p>	<p><b>24 Special Music</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 <b>Memorial Day Service with Kindred</b> 1:00 Hoopie Time 1:30 Music with Andrew Parker Davis 3:30 Piano with John Ponsiglione 6:00 Feature Film</p>	<p><b>25</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walkers Club 10:30 <b>The Sunshine Circle</b> 1:00 Bowling 2:00 Musical Instruments/Garden Club 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long 6:00 Feature Film &amp; Popcorn  <i>Happy Birthday Sally</i></p>
<p><b>26 Catholic Communion National Cherry Dessert Day</b></p> <p>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 Fruit &amp; Coffee Social 10:30 Walkers Club 10:30 Creative Arts with Nabeel 1:00 Bowling 2:00 <b>Libby Family Piano Duet</b> 3:00 Cherry Dessert Party 3:30 Gratitude Is Our Attitude 3:45 Sing A Long 6:00 Movie Time  <i>Happy Birthday Olga</i></p>	<p><b>27 Scenic Bus Ride Memorial Day</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 1:00 Bowling 2:30 The History of Memorial Day 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time</p>	<p><b>28 Puppy Visit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:15 <b>ActivFit</b> 10:30 The Sunshine Circle 10:30 Walker's Club 1:00 <b>Memorial Day Service with Seasons</b> 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing a Long-Karaoke Time 6:00 Movie Time</p>	<p><b>29 Helen Woodward</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 <b>Helen Woodward Visit</b> 11:30 Nature walk 1:00 Bridge in the Club 1:00 Indoor Golf 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time &amp; Popcorn  <i>Happy Birthday Tony</i></p>	<p><b>30 ActivFit</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:15 <b>ActivFit</b> 10:30 The Sunshine Circle 10:30 Walker's Club 1:00 Penny for Your Thoughts 2:00 Horse Shoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time</p>	<p><b>31 Special Music</b></p> <p>8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:00 Hoopie Time 1:30 <b>Music with Kerry Powell</b> 3:30 Piano with John Ponsiglione 5:00 <b>Chef's Table Dining Event</b> 6:30 Movie Time  <i>Chef's Table Dining Event</i></p>	