



## ActivCare Daily Activities

### What's News

### Music That Matters

### Exercise in Motion

### Think It - Say It

### Neighborhood Walks

### Creative Arts

## Special Events

### March 5 Mardi Gras

### March 17 St. Patrick's Day

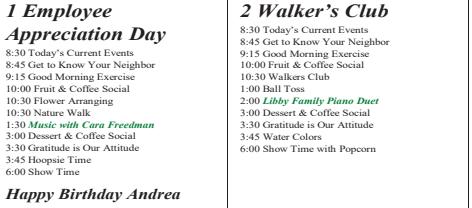
### March 21 Birthday Celebration

### March 28 Germany Travelogue



# ActivCare at 4S Ranch March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>3 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Bean Bag Toss 1:00 Paws of Love 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time	<b>4 Scenic Bus Ride</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:30 Flower Arranging 1:00 Indoor Golf 2:00 Indoor Golf 3:00 Dessert for Your Thoughts 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time	<b>5 Mardi Gras</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Morning Exercise 9:30 Nature Walk 10:30 <i>The History of Mardi Gras</i> 11:00 Balloon Badminton 1:00 <i>Mardi Gras Craft</i> 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time  <b>Puppy Visit</b>	<b>6 Nat'l Oreo Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 <i>St. Patrick's Day Craft</i> 11:00 Puppy Visit with Izzie and Cheeka 1:00 Indoor Golf 2:00 <i>Yoga in the Club with Stef</i> 3:00 <i>Oreo Party</i> 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time with Popcorn  <b>Ash Wednesday</b>	<b>7 San Diego Humane Society</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 Walker's Club 10:30 <i>San Diego Humane Society</i> 12:00 Support Group with Kindred 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time	<b>8 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 Walker's Club 1:00 <i>Hoopsie Time</i> 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 Show Time	<b>9 Hoopsie Time</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 Walker's Club 1:00 <i>Hoopsie Time</i> 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Show Time with Popcorn
<b>10 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 St. Patrick's Day Charity Club 1:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movies	<b>11 Scenic Bus Ride</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:30 <i>Scenic Day School</i> 10:30 Flower Arranging 1:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies  <b>Daylight Saving Time Begins</b>	<b>12 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 <i>St. Patrick's Day Craft</i> 1:00 Puppy Visit with Izzie and Cheeka 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 At the Movies  <b>Happy Birthday Alex</b>	<b>13 Yoga with Stef</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Trivia 10:30 <i>Red Hat Ladies</i> 1:00 Puppy Visit with Izzie and Cheeka 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies & Popcorn  <b>Happy Birthday Shanthini</b> <b>Happy Birthday Rochelle</b>	<b>14 RB Presbyterian Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Presbyterian Visit</i> 1:00 <i>Red Hat Ladies</i> 1:00 Puppy Visit with Izzie and Cheeka 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies	<b>15 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 Walker's Club 1:00 <i>Music with Ivan Robles</i> 2:00 Tic-Tac-Toe: 3 in a Row 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie	<b>16 The Sunshine Circle</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature Walk 10:30 Walker's Club 1:00 <i>Sunshine Circle</i> 2:00 Tic-Tac-Toe: 3 in a Row 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie & Popcorn
<b>17 St. Patrick's Day</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 <i>St. Patrick's Day Craft</i> 10:30 <i>Scenic Day School</i> 10:30 Flower Arranging 1:00 <i>4 Paws of Love</i> 1:00 Hoopsie Time 2:00 <i>St. Patrick's Day Party with Diane Polinski</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film  <b>Catholic Communion</b>	<b>18 Scenic Bus Ride</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride to Scenic Day School</i> 10:30 Flower Arranging 12:00 Support Group with Seasons Hospice 1:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	<b>19 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride to Scenic Day School</i> 10:30 Flower Arranging 1:00 Puppy Visit with Izzie and Cheeka 2:00 Puppy Visit with Izzie and Cheeka 3:00 Oatmeal Cookie Party 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Feature Film  <b>Nat'l Oatmeal Cookie Day</b>	<b>20 Love on a Leash</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature walk 10:30 <i>Love on a Leash</i> 1:00 Puppy Visit with Izzie and Cheeka 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Feature Film & Popcorn  <b>First Day of Spring</b>	<b>21 Birthday Party</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Celebrate Purim 10:00 <i>Group Volunteers</i> 10:30 Ball Toss 1:00 Puppy Visit with Izzie and Cheeka 2:00 Yoga in the Club with Stef 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film  <b>VFW Visit</b>	<b>22 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Celebrate Purim</i> 10:00 <i>Fruit &amp; Coffee Social</i> 10:30 <i>Walker's Club</i> 1:00 <i>Group Volunteers</i> 1:00 Hoopsie Time 1:00 <i>VFW Visit</i> 2:00 Horse Shoes 3:00 <i>Birthday Party</i> 3:45 Gratitude is Our Attitude 6:00 Feature Film	<b>23 Water Color Class</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Coffee & Water Colors 10:00 <i>Group Volunteers</i> 10:30 <i>Walker's Club</i> 1:00 <i>Hoopsie Time</i> 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <i>Water Colors</i> 6:00 Feature Film & Popcorn
<b>24 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbors 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 1:00 <i>Hoopsie Time</i> 1:00 Bowling 2:30 <i>Stars Youth Charities</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	<b>25 Scenic Bus Ride</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Scenic Bus Ride</i> 10:30 <i>Scenic Day School</i> 10:30 Flower Arranging 1:00 Art and Crafts 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>26 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature walk 10:30 <i>Puppy Visit</i> 1:00 Puppy Visit with Izzie and Cheeka 2:00 Puppy Visit with Izzie and Cheeka 3:00 Oatmeal Cookie Party 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Movie Time	<b>27 Men's Club Lunch</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 Nature walk 10:30 <i>Men's Club Lunch</i> 1:00 Indoor Golf 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Movie Time & Popcorn  <b>Happy Birthday Nika</b> <b>Happy Birthday Edith</b> <b>Happy Birthday Linda</b>	<b>28 Travelogue</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Travelogue-Germany</i> 10:30 <i>Men's Club</i> 1:00 <i>Germany Themed Craft</i> 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>29 Special Music</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Travelogue-Germany</i> 10:30 <i>Walker's Club</i> 1:00 <i>Germany Themed Craft</i> 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>30 Sing-Along</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Fruit &amp; Coffee Social</i> 10:30 <i>Walkers Club</i> 1:00 <i>Hoopsie Time</i> 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Feature Film & Popcorn
<b>31 Catholic Communion</b> 8:30 Today's Current Events 8:45 Get to Know Your Neighbors 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 <i>St. Patrick's Day</i> 1:00 Bowling 2:00 <i>Libby Family Piano Duet</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time						<p>Activities are subject to change without notice.</p>