



ActivCare Daily Activities



ActivCare at 4S Ranch March 2019



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 Catholic Communion 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 4 Paws of Love 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time	4 Scenic Bus Ride 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <i>Scenic Bus Ride</i> 10:30 Flower Arranging 1:00 Indoor Golf 2:00 Penny for Your Thoughts 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Show Time	5 Mardis Gras 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 <i>The History of Mardi Gras</i> 1:00 Balloon Badminton 1:00 <i>Mardis Gras Craft</i> 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time <i>Puppy Visit</i>	6 Nat'l Oreo Day 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Bridge of Fortune 1:00 Sing-Along 1:00 Bridge in the Club 2:00 Bowling 2:00 <i>Yoga in the Club with Stef</i> 3:00 Dessert & Coffee Social 3:45 Arm Chair Pilates 6:00 Show Time with Popcorn <i>Ash Wednesday</i>	7 San Diego Humane Society 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Flower Arranging 10:30 Wheel of Fortune 1:00 Walker's Club 10:30 <i>San Diego Humane Society</i> 12:00 <i>Support Group with Kindred</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Show Time	1 Employee Appreciation Day 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Ball Toss 2:00 <i>Libby Family Piano Duet</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time with Popcorn <i>Happy Birthday Andrea</i>	2 Walker's Club 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Hoopie Time 2:00 <i>Libby Family Piano Duet</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time with Popcorn
10 Catholic Communion 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 Stars Youth 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 <i>Daylight Saving Time Begins</i>	11 Scenic Bus Ride 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <i>Scenic Bus Ride</i> 10:30 Flower Arranging 1:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 At the Movies <i>Happy Birthday Alex</i>	12 Puppy Visit 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 <i>St. Patty's Day Craft</i> 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Jenga in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies	13 Yoga with Stef 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 Trivia 10:30 Nature walk 12:00 <i>Red Hat Ladies</i> 3:00 Happy Hour 1:00 Indoor Golf 2:00 <i>Yoga in the Club with Stef</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	14 RB Presbyterian Visit 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 1:00 <i>RB Presbyterian Visit</i> 2:00 Horse Shoes 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 At the Movies <i>Happy Birthday Shanthini</i> <i>Happy Birthday Rochelle</i>	15 Special Music 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 <i>Critter Encounter</i> 1:30 <i>Music with Juan Robles</i> 3:30 Gratitude is Our Attitude 3:45 Flower Arranging 6:00 At the Movie	16 The Sunshine Circle 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>The Sunshine Circle</i> 1:00 Bowling 2:00 Tie-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
17 St. Patrick's Day 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 Walkers Club 10:30 4 Paws of Love 1:00 Hoopie 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 <i>Catholic Communion</i>	18 Scenic Bus Ride 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <i>Scenic Bus Ride to Diegueno Country Day School</i> 10:30 Flower Arranging 12:00 <i>Support Group with Seasons Hospice</i> 1:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Feature Film	19 Puppy Visit 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Bean Bag Toss 1:00 Purim Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Oatmeal Cookie Party 3:45 Sing-Along Karaoke Time 6:00 Feature Film <i>Nat'l Oatmeal Cookie Day</i>	20 Love on a Leash 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature walk 10:30 <i>Love on a Leash</i> 1:00 Purim Crafts 1:00 Bridge in the Club 1:00 Indoor Golf 2:00 <i>Yoga in the Club with Stef</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn <i>First Day Of Spring</i>	21 Birthday Party 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Celebrate Purim 10:30 <i>Life Group Volunteers</i> 10:30 Walker's Club 1:00 Penny for Your Thoughts 1:00 <i>VFW Visit</i> 2:00 Horse Shoes 3:00 <i>Birthday Party</i> 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Feature Film <i>VFW Visit</i>	22 Special Music 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:00 Hoopie Time 3:00 <i>Music with Andrew Parker Davis</i> 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	23 Water Color Class 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Trivia 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
24 Catholic Communion 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 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling 2:30 <i>Stars Youth Charity</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	25 Scenic Bus Ride 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ <i>Scenic Bus Ride</i> 1:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Movie Time	26 Puppy Visit 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature walk 10:30 Walker's Club 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along Karaoke Time 6:00 Movie Time	27 Men's Club Lunch 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature walk 10:30 <i>The Sunshine Circle</i> 12:00 <i>Men's Club Lunch</i> 1:00 Indoor Golf 1:00 Bridge in the Club 2:00 <i>Yoga in the Club with Stef</i> 3:00 Dessert & Coffee Social 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn <i>Happy Birthday Nika</i> <i>Happy Birthday Edith</i> <i>Happy Birthday Linda</i>	28 Travelogue 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <i>Travelogue-Germany</i> 10:30 Walker's Club 1:00 Germany Themed Craft 3:00 <i>Cooking for the Senses-A Taste of Germany</i> 3:30 Gratitude is Our Attitude 3:45 <i>Bingo</i> 6:00 Movie Time	29 Special Music 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 Flower Arranging 1:00 Hoopie Time 1:30 <i>Music with Kerry Powell</i> 3:30 Gratitude is Our Attitude 3:45 Balloon Badminton 6:00 Feature Film	30 Sing-Along 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walkers Club 1:00 Trivia 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Sing-Along</i> 4:00 Water Colors 6:00 Feature Film & Popcorn
31 Catholic Communion 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 Walkers Club 10:30 <i>The Sunshine Circle</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						

Activities are subject to change without notice.