



ActivCare Daily Activities

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

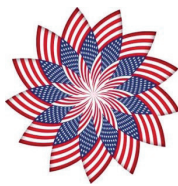
Special Events

July 4
Independence Day

July 11
Cooking for the Senses

July 19
Special Bus Ride

July 24
SD Humane Society



ActivCare at Rolling Hills Ranch July 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 Spiritual Hour 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 Balloon Badminton 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Drum Circle 4:00 Bingo 6:00 Sing A Long	2 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Trivia & Teasers 2:00 Bowling 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	3 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Nature Walk 1:00 Flower Arranging 2:00 Bowling 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	4 Fourth of July 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Family Feud Game 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Sing A Long	5 Special Music 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Special Bus Ride 11:00 Ball Toss 1:00 Bowling 2:00 <i>Performance: Scott Parloh</i> 3:00 Dessert & Coffee Social 4:00 Sing A Long 6:00 Movie Night	6 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Bowling 2:00 Trivia 3:00 Prize Bingo 4:00 Sing A Long Piano 6:00 Music Therapy	7 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Gardening 2:00 Arts & Crafts 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 4:30 Harmonica Music 6:00 Music Therapy
8 8:00 Spiritual Hour 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 3:30 Prize Bingo 4:30 Small Brass Band Instrumental 6:00 Popcorn Movie Night	9 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	10 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Special Music: Juan Robles</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	11 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Cooking: Smores</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	12 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	13 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 2 Questions Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	14 Spa Day 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Bowling 2:00 Arts & Crafts 4:00 <i>Pamper Me Lovely Spa Hour</i> 4:30 Patriotic Songs 6:00 Moonlight Movie
15 8:00 Spiritual Hour 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 1:00 Bowling 2:00 Ring Toss 3:00 Dessert & Coffee Social 3:30 Prize Bingo 4:30 Small Brass Band Instrumental 6:00 Popcorn Movie Night	16 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Bean Bag Toss 11:00 Walkers Club 1:00 History & Trivia 2:00 Horse Racing 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Movie Night	17 Special Music 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>Special Music: Lani Calvert</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	18 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Beach Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Horseshoes 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	19 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Horseshoes 6:00 Music Therapy	20 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Family Feud Game 2:00 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	21 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Bowling 2:00 Gardening 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
22 Drum Circle 8:00 Spiritual Hour 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Toss 11:00 Walkers Club 1:00 Horseshoes 2:00 Ring Toss 3:00 Dessert & Coffee Social 3:30 <i>Drum Circle</i> 4:00 Prize Bingo 6:00 Sing A Long	23 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Puzzles 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	24 S.D. Humane Society 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Love on a Leash 11:00 Walkers Club 1:00 Flower Arranging 2:00 <i>San Diego Humane Society</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	25 Cooking for the Senses 8:30 Today's Current Events 9:15 Good Morning Exercises 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Family Feud Game 2:00 <i>Root Beer Floats</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	26 Special Bus Ride 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 <i>Special Bus Ride</i> 11:00 Ball Toss 1:00 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy	27 Red Hat Tea Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Brain Games 11:00 Walkers Club 1:00 Bowling 2:00 <i>Special Birthday Celebration</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	28 Gardening 8:30 Today's Current Events 9:15 Chair Exercises 10:00 Fruit & Coffee Social 10:30 Trivia & Teasers 11:00 Walkers Club 1:00 Bowling 2:00 <i>Gardening</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Movie Night
29 8:00 Spiritual Hour 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Put Put Golf 2:00 Ring Toss 3:00 Dessert & Coffee Social 6:00 Sing A Long	30 8:30 Today's Current Events 9:15 Morning Stretches 10:00 Fruit & Coffee Social 10:30 Ball Toss 11:00 Walkers Club 1:00 Bowling 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Bingo 6:00 Musical Instruments	31 8:30 Today's Current Events 9:15 Chair Pilates 10:00 Fruit & Coffee Social 10:30 Trivia 11:00 Walkers Club 1:00 Flower Arranging 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories				

Activities are subject to change without notice.