



ActivCare at 4S Ranch September 2018



ActivCare Daily Activities

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

Special Events


September 3
Labor Day

September 9
Grandparents Day

Septmber 20
Birthday Celebration

September 27
World Tourism Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 Catholic Communion 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 & Coffee Social 10:30 Walker's Club 10:30 American Pet Therapy 1:00 Bean Bag Toss 1:30 Sunday Service 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time Sunday Service	 3 Labor Day 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:30 Rosh Hashanah Celebration with Rabbi Mendel 9:45 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Music Therapy with Mission Hospice 1:00 Bean Bag Toss 1:30 Art & 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 Show Time Scenic Bus Ride to Mt. Soledad Rosh Hashanah Celebration	 4 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 Music Therapy with Mission Hospice 1:00 Bean Bag Toss 1:30 Art & 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 Show Time	 5 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 Walker's Club 10:30 The Sunshine Circle 1:00 Sing-Along 1:30 Ball Toss 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Popcorn	 6 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 SP Humane Society 11:30 Walker's Club 12:00 Family Support Group with Kindred 1:00 Ball Toss 2:00 Music with Cowboy Jack 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time Family Support Group	 7 Cowboy 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 Cowboy Craft 11:30 Walker's Club 10:30 Scenic Bus Drive 12:00 Flannel Wagon Rides 3:00 Dessert & Coffee Social 2:00 Angie's Lil Farm Petting Zoo 3:30 Gratitude is Our Attitude 3:45 Horse Shoes 6:00 Show Time	1 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 Libby Family Piano Duet 11:30 Walkers Club 1:00 Miniature Golf 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 On the Big Screen with Popcorn
9 Nat'l Grandparent's Day 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 & Coffee Social 10:30 Stars Youth Charity Club 10:30 Walker's Club 1:00 Remembering Our Grandparents 1:30 Sunday Service 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movies Rosh Hashanah Begins at Sundown Sunday Service	10 Scenic Bus Ride to Dog Beach 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 Scenic Bus Ride 1:00 Horse Shoes 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies	11 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 History of Patriot Day and Craft 1:00 Horse Shoes 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 Patriot Day	12 Arm Chair Pilates 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 Trivia 10:30 Nature Walk 1:00 Indoor Golf 2:00 Sing-Along 3:00 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	13 Happy Hour 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 Critter Encounter 11:30 Nature Walk 1:00 Balloon Badminton 2:00 Sing-Along 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 Boogie Ball 6:00 At the Movie Critter Encounter	14 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 The Sunshine Circle 12:30 Flower Arranging 1:30 Music with Cara Freedman 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie	15 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 Libby Family Piano Duet 11:30 Walker's Club 1:00 Afternoon Stroll 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie & Popcorn
16 Catholic Communion 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 & Coffee Social 10:30 Walkers Club 10:30 American Pet Therapy 1:00 Trivia 1:30 Sunday Service 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film Sunday Service	17 Scenic Bus Ride to Old Town 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 Scenic Bus Ride 1:00 Flower Arranging 1:30 Scenic Bus Ride 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	18 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 12:00 Red Hat Ladies Lunch 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 Sing-Along 6:00 Feature Film Yom Kippur Begins at Sundown	19 Nat'l Butterscotch Pudding 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 Love on a Leash 1:00 Indoor Golf 3:00 Butterscotch Pudding Party 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn Love on a Leash	20 Birthday Party 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Balloon Badminton 1:00 Ball Toss 1:00 VFW Bingo 2:00 Sing-Along 3:00 Birthday Party 3:30 Music Therapy with Advantage Hospice 3:45 Bean Bag Toss 6:00 Feature Film VFW Bingo	21 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 Horse Shoes 1:30 Music with Juan Robles 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	22 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 Libby Family Piano Duet 1:00 Afternoon Stroll 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 First Day of Fall
23 Catholic Communion 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 & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling 1:30 Sunday Service 2:30 Trivia 2:30 Stars Youth Charity Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 NFL in the Club 6:00 On the Big Screen Sunday Service	24 Scenic Bus Ride to Rancho Santa Fe 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 Scenic Bus Ride 1:00 Sunshine Circle 1:30 Scenic Bus Ride 1:00 Flower Arranging 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	25 Safari Express 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 SD Zoo Safari Express 11:30 Walker's Club 12:00 Men's Club Lunch 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 Sing-Along 6:00 Movie Time Puppy Visit	 26 Johnny Appleseed 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 Johnny Appleseed History & Craft 1:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn	 27 World Tourism Day 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Travelogue - Paris 1:00 Make an Eiffel Tower 3:00 Cooking for the Senses Parisian Style 3:45 Travel Trivia 6:00 Movie Time	 28 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 Horse Shoes 1:30 Music with Andrew Parker Davis 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	29 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 Libby Family Piano Duet 11:30 Walker's Club 1:00 Afternoon Stroll 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 Movie Time & Popcorn

Activities are subject to change without notice.