



## 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



# ActivCare at 4S Ranch

# September 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>2 Catholic Communion</b> 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 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Show Time	<b>3 Labor Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:30 <b>Rosh Hashanah Celebration with Rabbi Mendel</b> 9:45 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/Scenic Bus Ride 12:00 <b>Labor Day BBQ</b> 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 2:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Show Time  <b>Scenic Bus Ride to Mt. Soledad</b> <b>Rosh Hashanah Celebration</b>	<b>4 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 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 Arts & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Pilates 6:00 Show Time	<b>5 The Sunshine Circle</b> 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 <b>The Sunshine Circle</b> 1:00 Sing-Along 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Popcorn	<b>6 Humane Society</b> 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 12:00 <b>Family Support Group with Kindred</b> 1:00 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	<b>7 Cowboy Day</b> 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 12:00 <b>Chuck Wagon Vittles</b> 1:00 Music with <b>Cowboy Jack</b> 2:00 Dessert & Coffee Social 3:00 Gratitude is Our Attitude 3:45 Sing-Along 4:00 Water Colors 6:00 Show Time with Popcorn	<b>Family Support Group</b>
<b>9 Nat'l Grandparent's Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Walkers' Circle 10:00 Fruit & Coffee Social 10:30 Stars Youth Charity Club 10:30 Walker's Club 10:30 <b>Remembering Our Grandparents</b> 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 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	<b>10 Scenic Bus Ride to Dog Beach</b> 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/ <b>Scenic Bus Ride</b> 1:00 Arts & Crafts 1:00 Flower Arranging 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 At the Movies	<b>11 Puppy Visit</b> 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 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 At the Movies	<b>12 Arm Chair Pilates</b> 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 1:00 Balloon Badminton 1:30 Sing-Along 3:00 <b>Patriot Day</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 At the Movies & Popcorn	<b>13 Happy Hour</b> 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 Encouter 11:30 Nature Walk 10:30 The Sunshine Circle 1:00 Balloon Badminton 1:30 Sing-Along 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 Bocce Ball 6:00 At the Movie	<b>14 Special Music</b> 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 <b>Critter Encouter</b> 11:30 Nature Walk 10:30 The Sunshine Circle 1:00 Balloon Badminton 1:30 Sing-Along 3:00 Happy Hour 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 At the Movie	<b>15 Water Color Class</b> 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 12:00 <b>Scenic Bus Drive</b> 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Water Colors 6:00 Show Time with Popcorn
<b>16 Catholic Communion</b> 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 2:00 Dessert & Coffee Social 3:00 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	<b>17 Scenic Bus Ride to Old Town</b> 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/ <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Feature Film	<b>18 Puppy Visit</b> 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 Red Hat Ladies Lunch 1:00 Art & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Feature Film	<b>19 Nat'l Butterscotch Pudding Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <b>Scenic Bus Ride</b> 10:00 Red Hat Ladies Lunch 12:00 Love on a Leash 1:00 Indoor Golf 1:00 <b>Pom Pom Pudding Party</b> 2:00 <b>Scenic Bus Ride</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	<b>20 Birthday Party</b> 8:30 Today's Current Event 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 <b>Scenic Bus Ride</b> 10:30 <b>Red Hat Therapy with Advantage Hospice</b> 1:00 Ball Toss 1:00 <b>VFW Bingo</b> 2:00 Sing-Along 3:00 <b>Birthday Party</b> 3:30 <b>Red Hat Therapy with Advantage Hospice</b> 4:00 Ball Toss 6:00 Feature Film	<b>21 Special Music</b> 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 <b>VFW Bingo</b> 1:00 Horse Shoes 1:30 <b>Music with Juan Robles</b> 2:00 Dessert & Coffee Social 3:00 Gratitude is Our Attitude 3:30 Sing-Along 4:00 <b>Water Colors</b> 6:00 Feature Film & Popcorn	<b>22 Water Color Class</b> 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 12:00 <b>Scenic Bus Ride</b> 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <b>Water Colors</b> 6:00 Feature Film & Popcorn
<b>23 Catholic Communion</b> 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 Sunshine Circle 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	<b>24 Scenic Bus Ride to Rancho Santa Fe</b> 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/ <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time	<b>25 Safari Express</b> 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 <b>Zoo Safari Express</b> 1:00 Art & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 Movie Time	<b>26 Johnny Appleseed Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 <b>Scenic Bus Ride</b> 10:00 <b>Zoo Safari Express</b> 1:00 Art & Crafts 2:00 <b>Puppy Visit with Izzie and Cheeka</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time & Popcorn	<b>27 World Tourism Day</b> 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 11:30 <b>Travelogue - Paris</b> 1:00 <b>Make an Eiffel Tower</b> 1:00 Indoor Golf 1:30 <b>Cooking for the Senses Parisian Style</b> 2:00 <b>Travelogue - Paris</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie Time	<b>28 Special Music</b> 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 11:30 <b>Travelogue - Paris</b> 1:00 <b>Music with Andrew Parker Davis</b> 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <b>Water Colors</b> 6:00 Movie Time & Popcorn	<b>29 Water Color Class</b> 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 11:30 <b>Travelogue - Paris</b> 1:00 <b>Music with Andrew Parker Davis</b> 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 4:00 <b>Water Colors</b> 6:00 Movie Time & Popcorn
<b>30 Catholic Communion</b> 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 Sunshine Circle 1:00 <b>Scenic Bus Ride</b> 1:00 Flower Arranging 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing-Along 6:00 On the Big Screen	<b>31 Sunday Service</b>  	<b>Puppy Visit</b>	  	  		

Activities are subject to change without notice.