



ActivCare Daily Activities

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

Special Events

August 12
Drum Circle

August 14
Picnic in the Park





August 24
Luau Celebration

August 28
S.D. Humane Society



ActivCare at Rolling Hills Ranch August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 2:00 Horseshoes 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Sing-Along	2 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 Balloon Badminton 3:00 Dessert & Coffee Social 4:00 Sing-Along 6:00 Movie Night	3 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-Along Piano 6:00 Music Therapy	4 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
5 8:00 Spiritual Hour 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Balloon Badminton 11:00 Walkers Club 2:00 Ring Toss 3:00 Dessert & Coffee 1:00 Bowling Social 3:30 Prize Bingo 4:30 Small Brass Band Instrumental 6:00 Popcorn Movie Night	6 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	7 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	8 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 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	9 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	10 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 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	11 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
12 Drum Circle 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 <i>Drum Circle</i> 4:30 Small Brass Band Instrumental 6:00 Popcorn Movie Night	13 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	14 Picnic in the Park 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	15 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 for the Senses: Sundae Supreme</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Trivia & Teasers	16 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	17 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	18 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
19 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-Along	20 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	21 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 Bean Bag Toss 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	22 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 Horseshoes 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Movie Night	23 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	24 Luau 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>Luau Celebration</i> 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	25 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
26 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-Along	27 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	28 S.D. Humane Society 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>San Diego Humane Society</i> 3:00 Dessert & Coffee Social 4:00 Pamper Me Lovely Spa Hour 6:00 Short Stories	29 Birthday Celebration 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 Horseshoes 3:00 <i>Birthday Celebration</i> 4:00 Prize BINGO 6:00 Movie Night	30 Special Bus Ride 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 Brain Games 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Ball Toss 4:00 Horseshoes 6:00 Music Therapy	31 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 Trivia 3:00 Dessert & Coffee Social 4:00 Prize BINGO 6:00 Special Movie & Popcorn	

Activities are subject to change without notice.