

Daily Activities

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

SPECIAL EVENTS

August 2 Western Day

August 5
Men's Club Lunch

August 16
Red Hat Ladies Club

August 21
Birthday Celebration





ActivCare at 4S Ranch

August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Million	1 Family Support Group	2 Western Day	3 The Sunshine Circle
				8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Club 10:45 Ball Toss 12:00 Family Support Group with Kindred 1:00 Trivia 2:00 Family Support Group with Kindred 3:00 Dessert & Coffee Social 3:30 Graittude Is Our Artitude 3:45 Bingo 6:00 Show Time	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Senie Bus Ride 10:30 Flower Arranging 10:30 Nenier Walk 12:00 Chuck Wagon Vittles 1:00 Horse Shoes 1:30 Masie with Cowboy Jack 2:30 Square Dancing 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time-Best of John Wayne	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Cubb 10:30 The Sunshine Circle 1:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Gratitude 1s Our Attitude 3:45 Watercolors 6:00 Show Time with Popcorn
4 Catholic Communion	5 Scenic Bus Ride to Dog Beach	6 Puppy Visit	7 Helen Woodward Mini	8 RB Presbyterian Visit	9 Special Music	10 National Bowling Day
B:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:30 Paria & Coffiee Social 10:30 Walker's Club 10:30 4 Paws of Love 1:00 Hoopsie time 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 2:45 Sing Along 6:00 Show Time	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Club/Scenie Bus Ride 10:30 Walker's Club/Scenie Bus Ride 10:30 Hower Arranging 1:00 Index Club Lunch with Edwin Kruse 1:00 Indoor Godf 1:00 Secule Bus Ride 2:00 Penny for Your Thoughts 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time	8:30 Today's Current Events 8:45 Get 16 Know Your Neighbor 9:00 Reading with Akahay & Asha 9:15 Morning Exercise Asha & Akahay 10:30 Print & Goffee Social 10:30 Nature Walk 10:45 Activity 10:45 Ball Tosa 10:00 Dog Treat Making Class 2:00 Puppy Visit with Izafe and Cheeka 3:30 Obessert & Goffee Social 3:30 Gratitude is Our Attitude 4:00 Chair Yoga 6:00 Show Time	Horse Visit 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Goffee Social 10:00 Mini Horse Visit-Rootbeer and Edward 1:30 Nature Walk 1:00 Sing Along 1:00 Bridge in the Club 2:00 Corn Hole 3:00 Dessert & Goffee Social 3:30 Cristitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Show Time with Popcom	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 Chb 10:30 Walker's Chb 10:30 Walker's Chb 10:30 Walker's Chb 10:45 Active? 11:00 RB Presbyterian Visit 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Graittude is Our Artitude 3:45 Bingo 6:00 Show Time World Cat Day	8:30 Today's Current Events 8:45 Get To Know You'r Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:00 Pruit & Transjing 10:30 Nature Walk 11:5 Music with Vincent Young 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time	8.30 Today's Current Events 8.45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Club 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling Tournament 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude 1s Our Attitude 3:45 Watercolors 6:00 Show Time with Popcorn
1				Happy Birthday Frank		Happy Birthday Virginia Happy Birthday Randy
11 Catholic Communion	12 Scenic Bus Ride to Lake Poway	13 Puppy Visit	14 Happy Hour	15 National Lemon	16 John Ponsiglione	17 The Sunshine Circle
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 & Coffiee Social 10:30 The Sunshine Circle 10:00 Horneshore 10:00 Horneshore 2:00 The Libby Family Piano Duet 3:30 Dessert & Coffiee Social 3:30 Cratitude Is Our Attitude 3:45 Sing Along 6:00 At the Movies	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Club/Scenie Bus Ride 10:30 Hower Arranging 1:00 Seance Bus Ride 1:00 Indoor Godf 2:00 Trivia 3:00 Dessert & Coffee Social 3:00 Charitude Is Our Artitude 3:45 Bingo 6:00 At the Movies	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:00 Reading with Alsshay & Asha 9:15 Good Morning Exercise Asha & Akshay 10:00 Fruit & Goffee Social 10:30 Nature Walk 10:45 Activeff; Ball Toss 1:00 Arts & Crafts 2:00 Puppy Visit with Izzie and Cheeka 2:00 Lenga in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Chair You	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Special Lecture-History of the Midway Museum 1:30 Nature walk 1:30 Music with Juan Robles 3:30 Grapting Hour Attitude 3:45 Arm Chair Plates 6:00 At the Movies & Popcorn Happy Birthday Catherine	Meringue Pie Day 8:30 Today's Current Events 8:45 Get To Kow Your Neighbor 9:15 Good Morning Exercise 10:30 Walker's Club 10:30 Uklief's Club 10:30 Life Group Volunteers 10:45 Activeft 1:00 Sing Along 2:00 Horsenbes 3:00 Lemon Meringue Party 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies	on the Piano 8:30 Today's Current Events 8:45 Get To Know You'r Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Flower Arranging 3:00 Dessert & Coffee Social 3:00 Pessert & Coffee Social 3:00 Pessert & Coffee 6:00 At the Movie	8:00 Today's Current Events 8:45 Get 76 Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 The Sunshine Circle 10:30 Walker's Club 1:30 Kids Give Back Music Performance 2:30 Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 At the Movie & Popcom
18 Catholic Communion	19 Scenic Bus Ride to	20 Puppy Visit	21 Birthday Party	22 VFW Visit	23 Special Music	24 The Sunshine Circle
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 4 Paws of Love 2.00 Horseshold in Social 3.00 Dessert & Coffee Social 3.30 Crastitude is Our Attitude 3.45 Sing Along 6.00 Feature Film	Rancho Santa Fe 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Prait & Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Todaker's Club/Scenic Bus Ride 10:30 Fower Arranging 1:00 Scenic Bus Ride 1:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	8.30 Today's Current Events 8.45 Get To Know Your Neighbor 9.00 Reading with Alshany A Asha 9.15 Good Morning Exercise with Asha & Akshay 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Active'if, Ball Tons 2:00 Puppy Visit with Izzle and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing Allong 6:00 Feature Film	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 Walik 10:30 Love on a Leash 12:30 Bitthday Party 1:00 Special Lecture:The City at Sea 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Pilates 6:00 Feature Film & Popcorn	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 Chb 10:45 Activity 10:45 Activity 10:00 FFW Post 7766 1:00 Ball Toss 2:00 Horseshoes 3:00 Dessert & Coffee Social 3:30 Cratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film	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 1:30 Music with Andrew Parker Davis 3:30 John Ponsiglice on the Plano 6:00 Feature Film	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 11:00 Company Picnic 1:00 Bowling 2:00 Musical Instruments/Garden Club 3:00 Peach Pie Party 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Feature Film & Popcorn
25 Catholic Communion	26 Scenic Bus Ride to	27 Puppy Visit	28 Travelogue	29 Dot to Dot Preschool Visit	30 Special Music	31 The Sunshine Circle
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 & Coffiee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling 3:00 Dessert & Coffiee Social 3:30 Cratitude Is Our Attitude 3:45 Sing Along 6:00 Movie Time	Lake Dixon 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:30 Fourit & Coffies Social 10:30 Walker's Chub/Scenic Bus Ride 10:30 Flower Arranging 1:00 Scenic Bus Ride 1:30 Dog Day Visit from Luna 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie Time National Dog Day	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:00 Reading with Alshap's Asha 9:15 Good Morning Exercise with Asha & Akshay 10:00 Pruit & Coffee Social 10:30 Waller's Club 10:45 Ball Toss 1:00 Art & Crafts 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert & Coffee Social 3:30 Gratifuted is Gur Attitude 3:45 Sing Along 6:00 Movie Time	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 Travelogue: Croatia 10:00 Croatian Craft 2:00 Indoor God 3:00 Cooking for the Senses: Croatian Style 3:30 Gratitude 1s Our Attitude 3:345 Arm Chair Pilates 6:00 Movie Time & Popcorn Happy Birthday Elena	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:00 Pot to Dot Visit 10:30 Walker's Club 11:00 Activiti 11:00 Activiti 11:00 Activiti 11:00 Activiti 11:00 Ball Toss 2:00 Horseshoes 3:00 Dessert & Coffee Social 3:30 Cratitude is Our Artitude 3:45 Bingo 6:00 Movie Time	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Cubb 10:30 Flower Arranging 1:30 Kerry Powell 3:30 John Ponsiglioe on the Piano 6:00 Movie Time	8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Pruit & Coffee Social 10:30 Walker's Cubb 10:30 Walker's Cubb 10:30 The Sunshine Circle 1:00 Bowling 2:00 Musical Instruments/Garden Club 3:00 Dessert & Coffee Social 3:00 Dessert & Coffee Social 3:00 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Movie Time & Popcorn Happy Birthday Jessica