







## Daily Activities

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



# ActivCare at 4S Ranch August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>4 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 &amp; Coffee Social 10:30 Walker's Club 10:30 4 Paws of Love 1:00 Hoopie time 2:00 Trivia 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Show Time</p>	 <p><b>5 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 9:30 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 Men's Club Lunch with Edwin Kruse 1:00 Scenic Bus Ride 2:00 Penny for Your Thoughts 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time</p>	 <p><b>6 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:00 Reading with Alshay &amp; Asha 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:45 ActivFit 10:45 Ball Toss 1:00 Indoor Golf 1:00 Dog Treat Making Class 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 4:00 Chair Yoga 6:00 Show Time</p>	 <p><b>7 Helen Woodward Mini Horse Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Visit with Oscar the Tabby 10:45 ActivFit 1:00 RB Presbyterian Visit 2:00 Bowling 2:00 Bridge in the Club 2:00 Corn Hole 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time with Popcorn  World Cat Day Happy Birthday Frank</p>	<p><b>8 RB Presbyterian Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Visit with Oscar the Tabby 10:45 ActivFit 1:00 RB Presbyterian Visit 2:00 Bowling 2:00 Bridge in the Club 2:00 Corn Hole 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Show Time  World Cat Day Happy Birthday Frank</p>	<p><b>9 Special Music</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 10:30 Nature Walk 1:15 Music with Vincent Young 3:00 Dessert &amp; Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time</p>	<p><b>10 National Bowling Day</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling Tournament 2:00 Garden Club/Musical Instruments 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Watercolors 6:00 Show Time with Popcorn  Happy Birthday Virginia Happy Birthday Randy</p>
<p><b>11 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 &amp; Coffee Social 10:30 The Sunshine Circle 1:00 Horseshoes 2:00 The Libby Family Piano Duet 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 At the Movies</p>	<p><b>12 Scenic Bus Ride to Lake Poway</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 &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 1:00 Scenic Bus Ride 1:00 Indoor Golf 2:00 Trivia 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p><b>13 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:30 Reading with Alshay &amp; Asha 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:45 ActivFit/ Ball Toss 1:00 Arts &amp; Crafts 2:00 Puppy Visit with Izzie and Cheeka 2:00 Jenga in the Club 3:00 Gratitude Is Our Attitude 3:45 Arm Chair Plates 3:45 Chair Yoga 6:00 At the Movies</p>	<p><b>14 Happy Hour</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Special Lecture-History of the Midway Museum 10:45 ActivFit 1:00 Sing Along 1:30 Music with Juan Robles 3:00 Happy Hour 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 At the Movies &amp; Popcorn  Happy Birthday Catherine</p>	<p><b>15 National Lemon Meringue Pie Day</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 &amp; Coffee Social 10:30 Walker's Club 10:30 Life Group Volunteers 10:45 ActivFit 1:00 Sing Along 2:00 Horseshoes 3:00 Lemon Meringue Party 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 At the Movies</p>	<p><b>16 John Ponsiglione on the Piano</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 &amp; Coffee Social 10:30 Nature Walk 10:30 The Sunshine Circle 1:00 Flower Arranging 3:00 Dessert &amp; Coffee Social 3:00 Red Hat Ladies Tea Party in the Club 3:30 John Ponsiglione on the Piano 6:00 At the Movie</p>	<p><b>17 The Sunshine Circle</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 &amp; 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 &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 At the Movie &amp; Popcorn</p>
<p><b>18 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 &amp; Coffee Social 10:30 Walker's Club 10:30 4 Paws of Love 2:00 Horseshoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Feature Film</p>	<p><b>19 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 9:30 Catholic Communion in the Club 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 Family Support Group with Seasons 1:00 Scenic Bus Ride 1:00 Wheel of Fortune 2:00 Bowling 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film</p>	<p><b>20 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:00 Reading with Alshay &amp; Asha 9:15 Good Morning Exercise with Asha &amp; Akshay 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:45 ActivFit/ Ball Toss 1:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Feature Film</p>	<p><b>21 Birthday Party</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Love on a Leash 12:30 Birthday Party 1:00 Special Lecture-The City at Sea 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 Feature Film &amp; Popcorn</p>	<p><b>22 VFW Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:45 ActivFit 10:45 Balloon Badminton 1:00 VFW Post 7766 2:00 Horseshoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Feature Film</p>	<p><b>23 Special Music</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:30 Music with Andrew Parker Davis 3:30 John Ponsiglione on the Piano 6:00 Feature Film</p>	<p><b>24 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 &amp; 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 &amp; Popcorn</p>
<p><b>25 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 &amp; Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Movie Time</p>	<p><b>26 Scenic Bus Ride to Lake Dixon</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 &amp; Coffee Social 10:30 Walker's Club/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</p>	<p><b>27 Puppy Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:00 Reading with Alshay &amp; Asha 9:15 Good Morning Exercise with Asha &amp; Akshay 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:45 ActivFit 1:00 Ball Toss 1:00 Art &amp; Crafts 2:00 Puppy Visit with Izzie and Cheeka 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Movie Time</p>	<p><b>28 Travelogue</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Nature Walk 10:30 Travelogue: Croatia 11:00 Croatian Craft 2:00 Indoor Golf 3:00 Cooking for the Senses: Croatian Style 3:30 Gratitude Is Our Attitude 3:45 Arm Chair Plates 6:00 Movie Time &amp; Popcorn  Happy Birthday Elena</p>	<p><b>29 Dot to Dot Preschool Visit</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Dot to Dot Visit 10:30 Walker's Club 10:45 ActivFit 1:00 Ball Toss 2:00 Horseshoes 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Bingo 6:00 Movie Time</p>	<p><b>30 Special Music</b> 8:30 Today's Current Events 8:45 Get To Know Your Neighbor 9:15 Good Morning Exercise 10:00 Fruit &amp; Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:30 Kerry Powell 3:30 John Ponsiglione on the Piano 6:00 Movie Time</p>	<p><b>31 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 &amp; Coffee Social 10:30 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling 2:00 Musical Instruments/Garden Club 3:00 Dessert &amp; Coffee Social 3:30 Gratitude Is Our Attitude 3:45 Sing Along 6:00 Movie Time &amp; Popcorn  Happy Birthday Jessica</p>



Activities are subject to change without notice.