

ActivCare at 4S Ranch

July 2018



ActivCare

Daily Activities

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

Special Events


July 4
Independence Day

July 11
Luau

July 25
Nat'l Hot Fudge Sundae

July 26
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 American Pet Therapy 1:00 Bean Bag Toss 1:30 <i>Sunday Service</i> 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie <i>Sunday Service</i>	2 Scenic Bus Ride to Elfin Forest 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 <i>Scenic Bus Ride</i> 10:30 The Sunshine Circle 1:00 Flower Arranging 1:00 <i>Scenic Bus Ride</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	3 Puppy Visit 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 <i>Critter Encounter</i> 1:30 Grace Academy 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 4:00 Chair Yoga 6:00 Movie <i>Critter Encounter</i>	4 Independence 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 Walker's Club 10:30 Indoor Golf 12:00 <i>4th of July BBQ</i> 1:00 <i>4th of July Craft</i> 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 POP goes the 4th	5 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 <i>SD Humane Society</i> 11:30 Walker's Club 12:00 <i>Family Support Group with Kindred</i> 1:00 Sing A Long 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie <i>Family Support Group</i>	6 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 10:00 <i>Mystery Bus Ride</i> 10:30 Flower Arranging 1:00 <i>Mystery Bus Ride</i> 1:30 Music with Laura Flores 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie <i>Mystery Bus Ride</i>	7 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 Walkers Club 10:30 Trivia 11:00 Libby Family Piano Duet 1:00 Miniature Golf 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <i>Water Colors</i> 6:00 Movie & Popcorn
8 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Indoor Golf 1:00 Bean Bag Toss 1:30 <i>Sunday Service</i> 2:30 Trivia 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie <i>Sunday Service</i>	9 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 <i>Scenic Bus Ride</i> 10:30 Hawaiian Craft 1:00 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie	10 Puppy Visit 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 The Sunshine Circle 1:00 Bean Bag Toss 1:30 Leigh Making Class 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is our Attitude 4:00 Chair Yoga 6:00 Movie	11 Luau 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 <i>Grass Skirt Making</i> 12:00 <i>Luau Lunch</i> 1:00 <i>Green Rose Hula Dancers</i> 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Special Movie: Elvis in Blue Hawaii	12 Cooking for the Senses 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 Trivia 1:00 Ball Toss 2:00 Horse Shoes 3:00 <i>Cooking for the Senses</i> 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie	13 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 Flower Arranging 10:30 Nature Walk 1:30 <i>Music with Gene Rochambeau</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie	14 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 The Sunshine Circle 10:30 Walker's Club 11:00 Libby Family Piano Duet 1:00Bowling 2:00 Garden Club/Musical Instruments 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors</i> 6:00 Movie & Popcorn
15 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 American Pet Therapy 10:30 Walker's Club 1:30 <i>Sunday Service</i> 2:00 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie <i>Sunday Service</i>	16 Scenic Bus Ride to Mt Soledad 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 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 1:00 <i>Scenic Bus Ride</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo	17 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 10:00 Music Therapy with Mission Hospice 10:30 Nature Walk 1:00 Horse Shoes 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 2:00 Jenga in the Club 3:00 Dessert & Coffee social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 Movie	18 Love on a Leash 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 <i>Love on a Leash</i> 11:30 Nature Walk 1:00 Indoor Golf 1:30 Yoga with Stef in the Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Arm Chair Pilates 6:00 Movie & Popcorn	19 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 <i>VFW visit</i> 2:00 Sing A Long 3:00 <i>Happy Hour</i> 3:30 Gratitude is Our Attitude 3:45 Bocce Ball 6:00 Movie <i>VFW Visit</i>	20 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 <i>Music with Juan Robles</i> 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	21 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 Walker's Club 10:30 The Sunshine Circle 1:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors</i> 6:00 Movie & Popcorn
22 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Trivia 1:30 <i>Sunday Service</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie <i>Sunday Service</i>	23 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 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 1:00 <i>Scenic Bus Ride</i> 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie	24 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 The Sunshine Circle 12:00 <i>Red Hat Ladies Lunch</i> 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	25 Nat'l Hot Fudge Sundae 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 Balloon Badminton 1:00 Ball Toss 2:00 Sing A Long 3:00 <i>Birthday Party</i> 3:45 Bean Bag Toss 6:00 Movie	26 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 2:00 Sing A Long 3:00 Dessert & Coffee Social 3:30 <i>Birthday Party</i> 3:45 Bean Bag Toss 6:00 Movie	27 Special Music 8:30 Today's Current Events 8:45 Get to Know Your Neighbor 9:15 Good Morning Exercise 10:00 The Gathering Church 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:00 Horse Shoes 1:30 <i>Music with Andrew Parker Davis</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie	28 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 Walkers Club 10:30 The Sunshine Circle 2:00 Musical Instruments/ Garden Club 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 4:00 <i>Water Colors</i> 6:00 Movie & Popcorn
29 Catholic Communion 8:30 Today's Current Events 8:45 Get to Know Your Neighbors 9:15 Good Morning Exercise 9:30 <i>Catholic Communion in the Club</i> 10:00 Fruit & Coffee Social 10:30 Walkers Club 10:30 The Sunshine Circle 1:00 Bowling 1:30 <i>Sunday Service</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie <i>Sunday Service</i>	30 Scenic Bus Ride to Oceanside Harbor 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 <i>Scenic Bus Ride</i> 1:00 Flower Arranging 1:00 <i>Scenic Bus Ride</i> 3:00 Dessert and Coffee Social 3:30 Gratitude is Our Attitude 3:45 Bingo 6:00 Movie	31 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 The Sunshine Circle 1:00 Art and Crafts 2:00 <i>Puppy Visit with Izzie and Cheeka</i> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Sing A Long 6:00 Movie				

Activities are subject to change without notice.