



ActivCare 4S Ranch DECEMBER 2019



Daily Activities

News-worthy Current Events

Walker's Club Neighborhood Strolls

Thinking & Doing Cognitive Exercises

Musical Moments Interactive Entertainment

ActivFit Strength & Agility Fitness

Creative Arts Artistic Expression

SPECIAL EVENTS

December 1

Dapper Dad's Photoshoot

December 18 Birthday Party

December 25 Christmas Lunch

December 31 New Year's Eve Party



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Catholic Communion 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club/ 4 Paws of Love Dapper Dad's Photoshoot 1:00 Bowling 2:00 Parachute Fun 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Show Time	2 Scenic Bus Ride to Mt Soledad 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Scenic Bus Ride 10:30 Flower Arranging 1:00 Wheel of Fortune/ Scenic Bus Ride 2:00 Horseshoes 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Show Time	3 Puppy Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 ActivFit/ Ball Toss 1:00 Arts & Crafts 2:00 Puppy Visit with Cheeka & Izzie 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 Show Time	4 Diegueno Country School 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 1:00 Balloon Badminton 2:00 Piano Trivia with Edna 3:00 Cooking for the Senses 4:00 Diegueno Country School Visit 6:00 Show Time with Popcorn Happy Birthday Lilia	5 Helen Woodward 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 ActivFit/ Ball Toss 12:00 Family Support Group with Kindred 1:30 Helen Woodward Visit 3:00 Dessert & Coffee Social 3:30 Get to Know Your Neighbors 3:45 Bingo 6:00 Show Time Happy Birthday Marilyn Happy Birthday Papa Joe	6 Special Music 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 The Sunshine Singers 11:15 Tai Chi in the Club with Xuhan 1:30 Music with Cara Freedman 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time Happy Birthday Larissa Happy Birthday Laraine	7 Girl Scout Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Sunshine Circle 1:00 Sing Along 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:15 Girl Scout Troop 2146 4:00 Basketball 6:00 Show Time with Popcorn	
8 Catholic Communion 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:15 Walker's Club 10:30 Star Youth Charity 1:00 OLMC Christmas Concert 2:00 Horse Shoes 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Show Time	9 Scenic Bus Ride to San Pasqual Valley Ranch 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 Men's Club Lunch w/ Edwin Kruse 1:00 History of the Llama in N America Scenic Bus Ride 2:00 Llama Craft 3:00 Dessert & Coffee Social 3:45 Bingo 6:00 Show Time National Llama Day Happy Birthday Sonia	10 Puppy Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 Music Therapy with Mission Hospice 1:00 Christmas Card Class 2:00 Puppy Visit with Izzie & Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 ActivFit/ Ball Toss 6:00 Show Time Happy Birthday Denise	11 Happy Hour 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 Critter Encounter 1:00 Sing Along 2:00 Bowling 3:00 Happy Hour 3:30 Arm Chair Pilates 6:00 Show Time with Popcorn	12 Girl Scout Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 ActivFit/ Ball Toss 1:00 RB Presbyterian Visit 1:30 Girl Scout Troop 2946 3:00 Dessert & Coffee Social 3:30 Get to Know Your Neighbors 3:45 Bingo 6:00 Show Time	13 Special Music 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 Flower Arranging 11:00 Tai Chi in the Club with Xuhan 1:15 Music with Vincent Young 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time Happy Birthday Tess A	14 Ramona Country Singers 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Walker's Club 10:30 Power House Bible Study Concert 1:30 Ramona Country Singers 3:00 Dessert & Coffee Social 3:30 Parachute Fun 6:00 Show Time	
15 Catholic Communion 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:15 Walker's Club 10:30 4 Paws of Love 1:00 Horseshoes 2:00 Cub Scout #643 Webelo Den 6 Visit 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Show Time	16 Scenic Bus Ride to Del Mar 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 Hershey Kiss Mini Horse Visit 1:00 Flower Arranging/Scenic Bus Ride 1:30 Silver & Gold Celebration w/ Seasons 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Show Time Happy Birthday Noelle	17 Puppy Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:45 ActivFit/ Ball Toss 1:00 Arts & Crafts 2:00 Puppy Visit with Izzie & Cheeka 3:00 Dessert & Coffee Social 3:15 GS Troop 2742 Visit 6:00 Show Time	18 Birthday Party 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 Music with Juan Robles 1:30 Horseshoes 3:00 Birthday Party 3:15 Girl Scout Troop 2119 Visit 6:00 Show Time with Popcorn	19 VFW Post 7766 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Walker's Club 10:30 SD Sheriff Visit Life Group Volunteers 1:00 VFW Visit 2:00 Horseshoes 3:00 Dessert & Coffee Social 3:30 Get to Know Your Neighbors 3:45 Bingo 6:00 Show Time	20 National Ugly Sweater Day 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk/Flower Arranging Scenic Bus Ride 11:00 Tai Chi in the Club with Xuhan 1:30 Parachute Fun 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time with Popcorn Wear Your Ugly Christmas Sweater Happy Birthday Thelma	21 Sunshine Circle 9:00 Today's Current Events Get to Know Your Neighbors 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Sunshine Circle 1:00 Bowling 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Water Colors 6:00 Show Time with Popcorn Happy Birthday Rosa	
22 Catholic Communion 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Horse Shoes 1:00 Trivia 2:00 Balloon Badminton 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Show Time Hanukkah Begins at Sundown First Day of Winter	23 Scenic Bus Ride to Candy Cane Lane 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:30 Flower Arranging 1:00 Bean Bag Toss 2:00 Bowling 3:00 Dessert & Coffee Social 3:30 Bingo/ Scenic Bus Ride 6:00 Show Time/ Scenic Bus Ride Happy Birthday Ola Happy Birthday Leonila	24 Puppy Visit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Nature Walk 10:30 ActivFit/ Ball Toss 1:00 Arts & Crafts 2:00 Puppy Visit with Izzie & Cheeka 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 Show Time	25 Christmas Day 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk 10:30 Travelogue North Pole 12:00 Christmas Lunch 1:00 Trivia 1:30 Music with Kevin Roth 2:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Arm Chair Pilates 6:00 Show Time with Popcorn	26 ActivFit 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 10:45 ActivFit/Ball Toss 1:00 Sing Along 2:00 Horseshoes 3:00 In The Kitchen 3:30 Get to Know Your Neighbors 3:45 Bingo 6:00 Show Time	27 John Ponsiglione on the Piano 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Flower Arranging 10:30 Tai Chi in the Club with Xuhan 1:30 Parachute Fun 3:00 Dessert & Coffee Social 3:30 John Ponsiglione on the Piano 6:00 Show Time	28 Sunshine Circle 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Sunshine Circle 1:00 Bowling 2:00 Garden Club/ Musical Instruments 3:00 Dessert & Coffee Social 3:30 Hoops 6:00 Show Time with Popcorn Happy Birthday Roel	
29 Catholic Communion 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 9:30 Catholic Communion in the Club 10:00 Fruit & Coffee Social 10:30 Walker's Club/ Sunshine Circle 1:00 Bowling 2:00 Balloon Badminton 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Show Time	30 Scenic Bus Ride to Lake Hodges 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club/Scenic Bus Ride 10:30 Flower Arranging 12:00 Red Hat Ladies Luncheon 1:00 Wheel of Fortune/Scenic Bus Ride 2:00 Horseshoes 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Show Time	31 New Year's Eve 9:00 Today's Current Events This Day in History 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 ActivFit/ Ball Toss 1:00 Arts & Crafts 2:00 Puppy Visit with Cheeka & Izzie 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Chair Yoga 6:00 New Year's Eve Party with the sounds of Kerry Powell	Special Announcements • All NFL Games Aired in Club • Hanukkah Ceremony TBA				

Activities are subject to change without notice.