



ActivCare 4S Ranch

# September 2023



## Daily Activities

**Newsworthy**  
Current Events




**Walker's Club**  
Neighborhood Strolls

**Thinking & Doing**  
Cognitive Exercises

**Musical Moments**  
Interactive Entertainment

**Fitness Activity**  
Stretching & Strength

**Creative Arts**  
Artistic Expression

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>3 Bingo</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social 10:30 Sing Along 1:00 Devotional Service Online 2:00 Dancing Through the Decades 3:00 Dessert & Coffee Social 3:30 <b>Bingo</b> 4:00 Ball Toss 6:00 Showtime	<b>4 Labor Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 <b>Labor Day Craft</b> 12:00 <b>Labor Day BBQ</b> 1:00 Bass Toss 2:00 Story Time 3:00 Dessert & Coffee Social 4:00 Balloon Badminton 6:00 Showtime	<b>5 Music with Peter Seltzer</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Music with Peter Seltzer</b> 11:30 Finish the Words 1:30 Art & Crafts 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime  <i>Happy Birthday Lilian</i>	<b>6 Coffee Ice Cream Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>History of Coffee Ice Cream</b> 11:30 RBCPC Visit 2:00 Bean Bag Toss 2:30 Bingo 3:00 <b>Coffee Ice Cream Social</b> 3:15 Dancing through the Decades 4:15 Showtime with Popcorn  <i>Happy Birthday Allan Happy Anniversary Filo</i>	<b>7 NFL Season Kickoff</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Indoor Golf 11:30 <b>NFL Trivia</b> 1:30 Helen Woodward Visit 2:30 Sing Along 3:00 Dessert & Coffee Social 3:15 Sing Along 4:00 Bowling 6:00 <b>NFL Kick Off</b>	<b>8 Star Trek Anniversary</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Doggie Day with Jackson</b> 1:00 Flower Arranging 2:00 <b>Talking about Star Trek</b> 3:00 Happy Hour 3:15 Tai Chi 4:00 Bowling 6:00 Showtime  <i>Happy Birthday Espy &amp; Veronica</i>	<b>9 Saturday Shake and Shimmy</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Ball Toss 1:00 Arts & Crafts 2:00 Shabbat Service Online 3:00 Dessert & Coffee Social 3:30 <b>Music and Dancing</b> <b>Trivia in the Club</b> 6:00 Showtime with Popcorn
<b>10 Grandparents Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social 10:30 <b>4 Paws of Love</b> 11:30 <b>Remembering Our Grandparents</b> 1:00 Devotional Service Online 2:00 Dancing Through the Decades 3:00 Dessert & Coffee Social 3:30 Bingo 6:30 Showtime  <i>Happy Birthday Jeanette</i>	<b>11 Scenic Bus Ride</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Indoor Golf 1:00 <b>Scenic Bus Ride</b> 1:30 Sing Along 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Showtime	<b>12 ActivFit</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Bean Bag Buckets 1:00 <b>Jeopardy</b> 2:00 Ball Toss 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 <b>ActivFit</b> 6:00 Showtime	<b>13 Music with Vincent Young</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Bowling 1:15 <b>Music with Vincent Young</b> 2:00 Watercolors 3:00 Dessert & Coffee Social 3:30 <b>Indoor Basketball</b> 4:30 Word Games and Brain Teasers 6:00 Showtime with Popcorn  <i>Happy Anniversary Susan</i>	<b>14 First Lighthouse Lighting</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Lighthouse Craft</b> 11:30 Trivia 1:30 Family Support Group With Bridge <b>Lighthouse Videos</b> 2:30 ActivFit 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Showtime	<b>15 Rosh Hashanah</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Music with Diane Polinski</b> 11:30 History of Rosh Hashanah 1:00 <b>Reading Legacy and Troop 2129</b> 2:00 Bean Bag Buckets 3:00 Dessert & Coffee Social 3:15 Tai Chi 6:00 Showtime	<b>16 Mexican Independence Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Balloon Badminton 1:00 Bean Bag Toss 2:00 Shabbat Service Online 2:30 Sing Along 3:00 <b>Fiesta Social</b> 3:30 Chair Salsa UCSD Brain Initiative 6:00 Showtime with Popcorn
<b>17 National House Keeping Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social 10:30 <b>Sunshine Circle</b> 1:00 Devotional Service Online 2:00 <b>Dancing Through the Decades</b> 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Showtime  <i>Happy Birthday Gary Happy Anniversary Kenn</i>	<b>18 Emmy Awards</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Jeopardy 1:00 Indoor Golf 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 <b>Flower Arranging</b> 6:00 <b>Showtime: Emmy Awards</b>	<b>19 Music with David Skates</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Tic Tac Toe Toss 1:00 <b>Music with David Skates</b> 2:30 <b>What's Your Top Ten?</b> 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 ActivFit 6:00 Showtime  <i>Happy Birthday Carol</i>	<b>20 Trivia</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Bowling 1:00 <b>Trivia</b> 2:00 <b>Indoor Golf</b> 3:00 Dessert & Coffee Social 3:30 Jeopardy 4:30 Balloon Badminton 6:00 Showtime with Popcorn  <i>Happy Birthday Gary</i>	<b>21 World Alzheimer's Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Bowling 1:00 Ring Toss 2:00 Dessert & Coffee Social 3:30 <b>Sing Along</b> 4:30 ActivFit 6:00 Showtime  <i>Wear Your Purple</i>	<b>22 Travelogue</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Doggie Day with Jackson 11:30 Finish The Quote 1:00 <b>Travelogue Japan</b> 2:00 <b>Origami</b> 3:00 Dessert & Coffee Social 3:30 Tai Chi 6:00 Showtime	<b>23 American Frog Day First Day of Fall</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Huggy Coloring</b> 1:00 Indoor Golf 2:00 Shabbat Service Online 3:00 Dessert & Coffee Social 3:30 <b>Armchair Pilates</b> UCSD Brain Initiative 6:00 Showtime with Popcorn  <i>Happy Birthday Addy &amp; Bonnie</i>
<b>24 Yom Kippur Dog Week Begins</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social 10:30 <b>All About Dogs Trivia</b> 1:00 Devotional Service Online 2:00 Dancing Through the Decades 3:00 Dessert & Coffee Social 3:30 Sing Along 6:00 Showtime	<b>25 Start Your Week with a Stretch</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 <b>Sit and Stretch to Oldies</b> 11:00 Jeopardy 1:00 Scenic Bus Ride 1:00 Sing Along 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Showtime	<b>26 Red Hat Club Old Hollywood Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Wheel of Fortune 11:30 <b>Red Hat Ladies Lunch</b> 1:00 Bowling 2:00 <b>Old Hollywood Trivia</b> 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime	<b>27 Birthday Party</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Bowling 1:00 Music with Glenn Kramer 2:30 Watercolors 3:00 <b>Birthday Party</b> 3:15 Balloon Badminton 4:30 Trivia 6:00 Showtime with Popcorn  <i>Happy Birthday Helen</i>	<b>28 Men's Lunch World Maritime Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Indoor Golf 11:30 <b>Men's Lunch</b> 1:30 ActivFit 2:00 <b>Maritime Videos</b> 3:00 Dessert & Coffee Social 4:30 Wheel of Fortune 6:00 Showtime	<b>29 Celebrate Harvest Season</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 <b>Jeopardy: What's the Harvest?</b> 11:30 Ball Toss 1:00 <b>Creating Cornucopias</b> 2:00 Bubble Fun 3:00 Cooking for the Senses 4:00 Balloon Badminton 6:00 Showtime	<b>30 Frisbee Day</b> 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Frisbee Toss 11:30 Ball Toss 1:00 Arts & Crafts 2:00 Shabbat Service 3:00 Dessert & Coffee Social 3:30 Arm Chair Pilates UCSD Brain Initiative 6:00 Showtime with Popcorn

## SPECIAL EVENTS

**September 1**  
Western Day

**September 4**  
Labor Day Cookout

**September 27**  
Birthday Party



All NFL Games Aired in the Club