



ActivCare 4S Ranch

November 2023



Daily Activities

Newsorthy
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	
				1 RBCPC Visit 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 Sing and Dance 12:00 RBCPC Visit 2:00 Liz & Sparky Visit 3:00 Dessert & Coffee Social 3:30 Jeopardy 4:30 Balloon Badminton 5:00 World Series	2 Helen Woodward Visit 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 Name Your Favorites 1:30 Helen Woodward Visit 2:00 National Charity League 3:00 Dessert & Coffee Social 3:15 ActivFit 5:00 NFL in the Club 6:00 Showtime <i>Happy Anniversary Christopher</i>	3 World Series 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 Base Ball Trivia 11:00 Catch 1:30 Flower Arranging 2:00 Arts & Crafts-Base Ball Fever 3:00 Dessert & Coffee Social 3:30 Tai Chi 5:00 World Series <i>Happy Birthday Beverly</i>	4 Dream Catcher Day 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 Patio Games 1:00 History of the Dream Catcher 2:00 Shabbat Service 3:00 Dessert & Coffee Social 3:30 ActivFit 3:30 Trivia in the Club 5:00 World Series
5 Fall-Back Daylight Saving 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 11:30 Devotional Service Online 1:00 National Charity League 3:00 Dessert & Coffee Social 3:30 Bingo UCSD Brain Initiative 4:00 Ball Toss 6:00 Showtime Set Your Clocks Back	6 Saxophone Day 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 History of the Saxophone 11:30 Saxophone Videos 1:00 Scenic Bus ride 2:00 Story Time 3:00 Dessert & Coffee Social 3:15 Flower Arranging 4:00 Balloon Badminton 6:00 Showtime	7 Music with Peter Seltser 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Life Group Volunteers 11:30 Music with Peter Seltser 11:30 Finish the Words 1:30 Arts & Crafts 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime	8 Master Gardener Visit 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 Master Gardener Visit 11:30 Trivia 1:15 Music with Vincent Young 2:15 Bingo 3:00 Dessert & Coffee Social 3:15 Dancing through the Decades 6:00 Showtime with Popcorn	9 ActivFit 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 Trivia 2:00 National Charity League 2:30 Sing Along 3:00 Dessert & Coffee Social 3:15 Sing Along 4:15 ActivFit 6:00 Showtime	10 Trivial Pursuit Competition 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Doggie Visit with Jackson 11:30 Sing Along with Instruments 1:00 Flower Arranging 1:30 Family Support Group with Takara 2:00 Trivial Pursuit 3:00 Happy Hour 3:15 Tai Chi 4:00 Bowling 6:00 Showtime	11 Veterans Day 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 ActivFit Trivia in the Club 6:00 Showtime with Popcorn	
12 4 Paws of Love 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social 10:30 4 Paws Of Love 11:00 Devotional Services Online 1:00 National Charity League 1:30 Bean Bag Toss 3:00 Dessert & Coffee Social 3:30 Bingo UCSD Brain Initiative 6:30 Showtime	13 Vietnam Veterans Memorial Dedication 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Veteran's Day Celebration 10:45 Indoor Golf 1:00 Scenic Bus Ride 1:30 Balloon Badminton 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Showtime	14 Teddy Bear Day 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 History of the Teddy Bear 2:00 ActivFit 3:00 Dessert & Coffee Social 3:30 Gratitude is Our Attitude 3:45 Teddy Bear Craft 6:00 Showtime	15 Watercolor Painting 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 11:30 Balloon Badminton 2:00 Watercolor Painting 2:30 Dessert & Coffee Social 3:15 Indoor Basketball 4:30 Word Games and Brain Teasers 6:00 Showtime with Popcorn <i>Happy Anniversary Ana Maria</i>	16 Men's Lunch 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 11:30 Men's Lunch 1:30 National Charity League 2:30 ActivFit 3:00 Dessert & Coffee Social 3:30 Bingo 6:00 Showtime	17 World Peace Day 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 Music with Diane Polinski 11:30 Flower Arranging 1:00 Peace Signs 2:00 Bean Bag Buckets 3:00 Dessert & Coffee Social 3:15 Tai Chi 6:00 Showtime <i>Happy Birthday Angie</i>	18 Mickey Mouse Birthday 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 Sing Along with Instruments 1:00 All About Mickey 2:00 Shabbat Service Online 3:00 Dance With Mickey 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime with Popcorn	
19 Brain Initiative 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social Out in Our Neighborhood 11:00 Devotional Service Online 1:00 National Charity League 2:00 Dancing Through the Decades 3:00 Dessert & Coffee Social 3:30 Bingo UCSD Brain Initiative 6:00 Showtime <i>Happy Birthday Isaias</i> <i>Happy Anniversary Christie</i>	20 Red Hat Ladies Lunch 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Turkey Craft 11:30 Jeopardy 12:00 Red Hat Ladies Lunch 1:00 Indoor Golf 1:00 Scenic Bus Ride 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Showtime	21 Tweety Bird Day 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Life Group Volunteers 10:30 Balloon Badminton 1:00 Tweety Bird Craft 2:00 Trivia 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime	22 Music with Glenn Kramer 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 Dessert & Coffee Social 3:15 Balloon Badminton 4:30 Trivia 6:00 Showtime with Popcorn <i>Happy Birthday Patricia, James & Hossien</i>	23 Happy Thanksgiving! 8:00 Macy's Thanksgiving Day Parade 9:15 This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Out in Our Neighborhood 10:30 Indoor Golf 12:00 Family Thanksgiving Luncheon 1:30 ActivFit 2:00 Charlie Brown Thanksgiving 3:00 Dessert & Coffee Social 3:30 Wheel of Fortune 6:00 Showtime	24 Cooking for the Senses 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Left Overs 11:00 Horseshoes 11:30 Math Fun 1:00 Bean Bag Toss 2:00 Flower Arranging 3:00 Cooking for the Senses 3:30 Tai Chi 6:00 Showtime	25 Board Game Day 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 History of American Board Games 1:00 Board Games Competition 2:00 Shabbat Service Online 3:00 Dessert & Coffee Social 3:30 ActivFit 6:00 Showtime	
26 Casablanca's Anniversary 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise Catholic Communion 10:00 Fruit & Coffee Social Out in Our Neighborhood 11:00 Devotional Service Online 1:00 National Charity League 2:00 Dancing Through the Decades 3:00 Dessert & Coffee Social 3:30 Bingo UCSD Brain Initiative 6:00 Showtime: Casablanca	27 Scenic Bus Ride 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 Sit and Stretch to Oldies 11:00 Jeopardy 1:00 Scenic Bus Ride 1:00 Amanda's Choice 3:00 Dessert & Coffee Social 3:30 Flower Arranging 6:00 Showtime	28 Birthday Party 9:00 Today's Current Events This Day in History 9:30 Good Morning Exercise 10:00 Fruit & Coffee Social 10:15 Life Group Volunteers 10:30 Indoor Golf 1:30 Music with Davis Skates 2:30 Trivia 3:00 Birthday Party 3:30 Gratitude is Our Attitude 3:45 ActivFit 6:00 Showtime	29 Travelogue 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 Travelogue Plymouth Rock 11:30 Ball Toss 2:00 Indoor Golf 3:00 Dessert & Coffee Social 3:30 Jeopardy 4:30 Balloon Badminton 6:00 Showtime with Popcorn <i>Happy Anniversary Earlinda</i>	30 Deck the Ranch 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 Sing Along 1:30 National Charity League 2:30 Deck the Ranch Party 3:00 Dessert & Coffee Social 3:15 ActivFit 5:00 NFL in the Club 6:00 Showtime			

SPECIAL EVENTS

All NFL Games Aired in the Club

November 11
Veterans Day

November 13
Veterans Day
Celebration

November 23
Happy Thanksgiving

November 28
Birthday Party

