
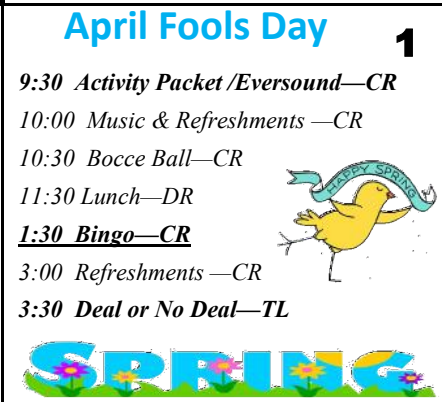
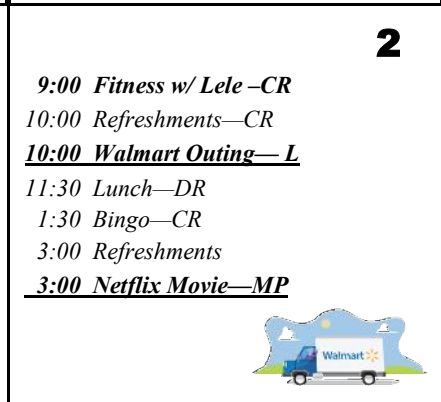

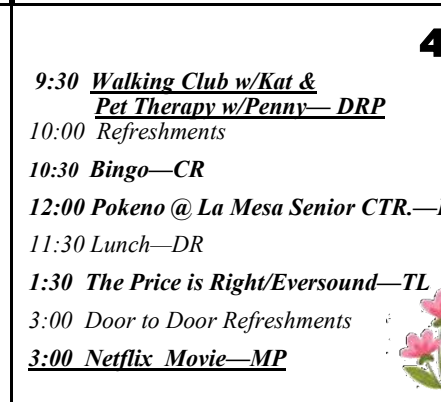
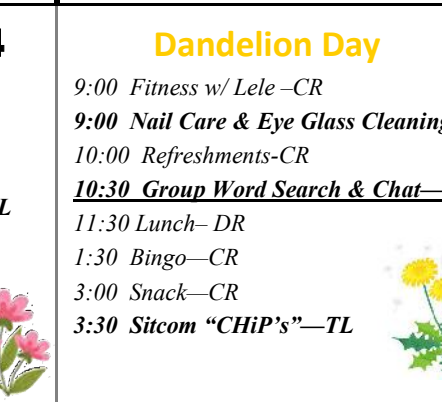
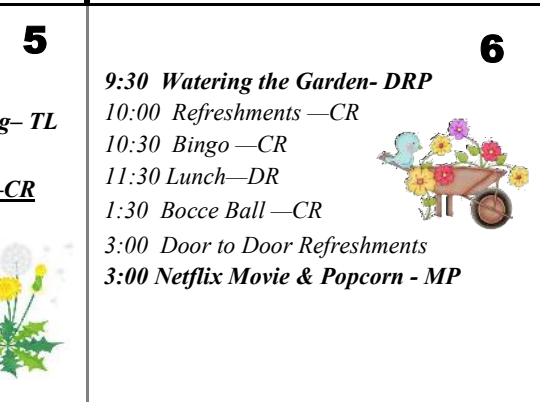

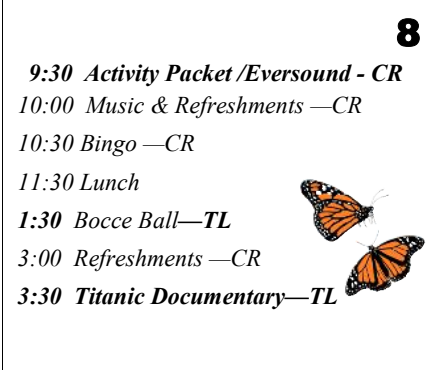

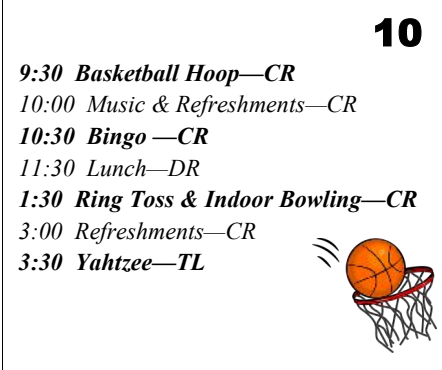
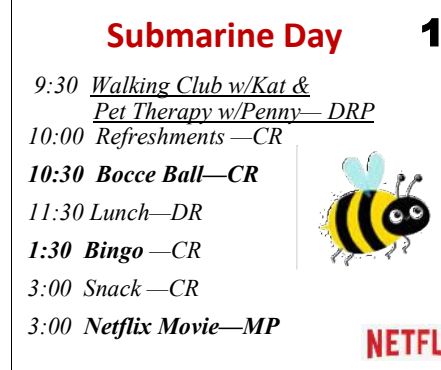


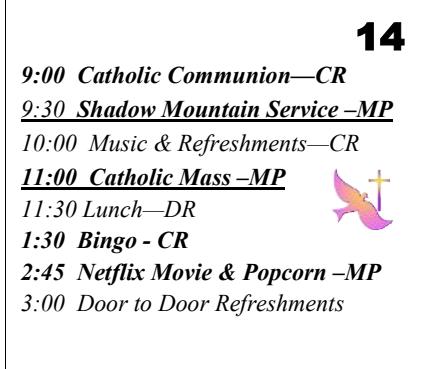


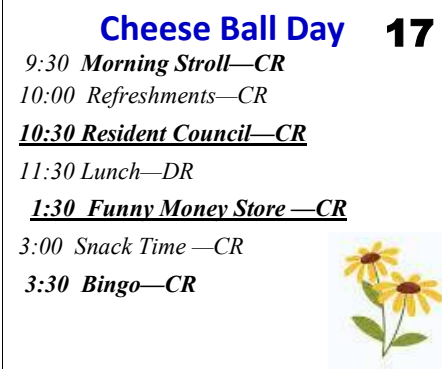

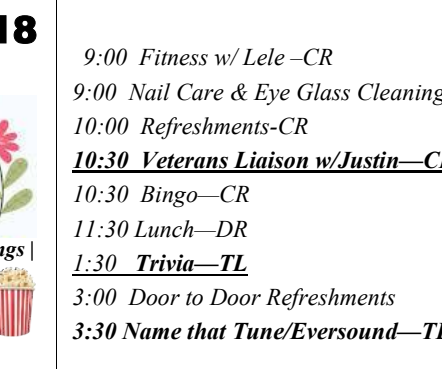


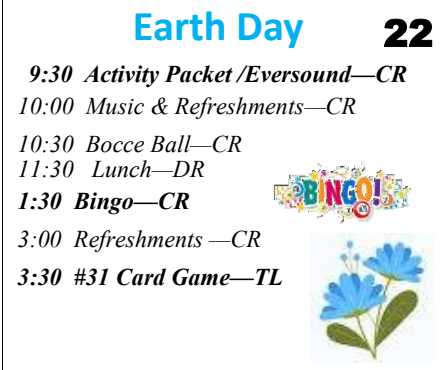


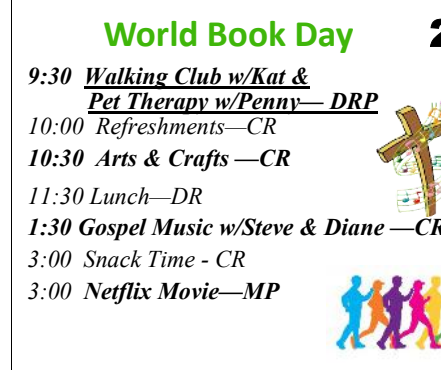
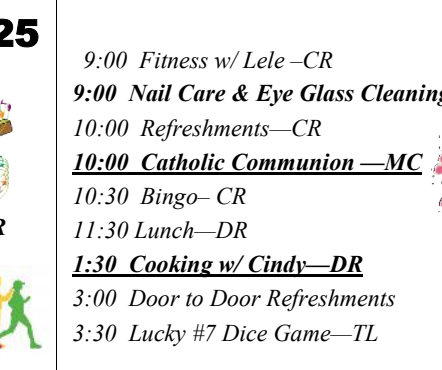


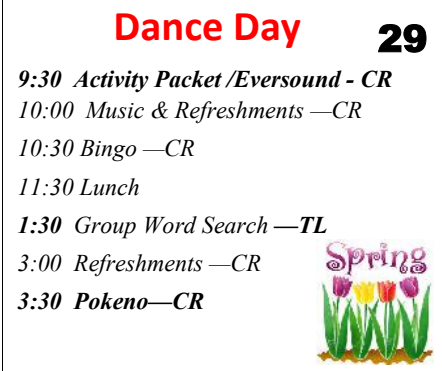
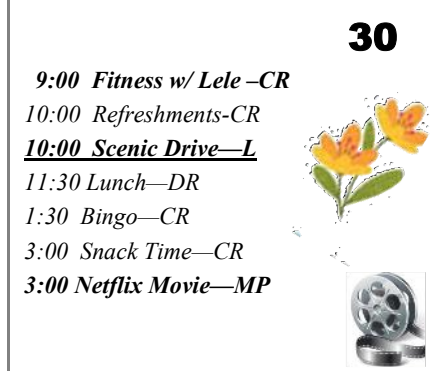


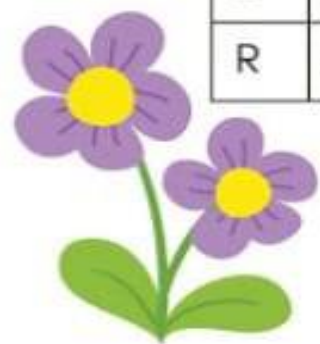


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Location Key: L - Lobby MP- Multi-Purpose Room CR - Community Room DP - Dining Room Patio O - Outside on Grass D - Dining Room TL - Terrace Lounge MC - Memory Care <i>Activities are subject to change. Outdoor programs occur if weather</i> 	April Fools Day 1 9:30 Activity Packet /Eversound—CR 10:00 Music & Refreshments —CR 10:30 Bocce Ball—CR 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Deal or No Deal—TL 	2 9:00 Fitness w/ Lele —CR 10:00 Refreshments—CR 10:00 Walmart Outing—L 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Refreshments 3:00 Netflix Movie—MP 	Walking Day 3 9:30 Reminiscing (School Days)— TL 10:00 Refreshments—CR 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Lucky #7 Dice Game—TL 3:00 Snack Time! —CR 3:30 31 Card Game—TL 	4 9:30 <u>Walking Club w/Kat & Pet Therapy w/Penny—DRP</u> 10:00 Refreshments 10:30 Bingo—CR 12:00 Pokeno @ La Mesa Senior CTR.—L 11:30 Lunch—DR 1:30 The Price is Right/Eversound—TL 3:00 Door to Door Refreshments 3:00 Netflix Movie—MP 	Dandelion Day 5 9:00 Fitness w/ Lele —CR 9:00 Nail Care & Eye Glass Cleaning— TL 10:00 Refreshments-CR 10:30 Group Word Search & Chat—CR 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Snack—CR 3:30 Sitcom “CHiP’s”—TL 	6 9:30 Watering the Garden- DRP 10:00 Refreshments —CR 10:30 Bingo —CR 11:30 Lunch—DR 1:30 Bocce Ball —CR 3:00 Door to Door Refreshments 3:00 Netflix Movie & Popcorn - MP 	
7 9:00 Catholic Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Music & Refreshments —CR 11:00 Catholic Mass—MP 11:30 Lunch—DR 1:30 Bingo—CR 2:45 Netflix Movie & Snack—MP 3:00 Door to Door Refreshments 	8 9:30 Activity Packet /Eversound - CR 10:00 Music & Refreshments —CR 10:30 Bingo —CR 11:30 Lunch 1:30 Bocce Ball—TL 3:00 Refreshments —CR 3:30 Titanic Documentary—TL 	Name Yourself Day 9 9:00 Fitness w/ Lele —CR 10:00 Refreshments-CR 10:00 Scenic Drive—L 11:30 Lunch—DR 1:30 Piano Music w/Raymond—DR 3:00 Snack Time 3:00 Netflix Movie—MP 	10 9:30 Basketball Hoop—CR 10:00 Music & Refreshments—CR 10:30 Bingo —CR 11:30 Lunch—DR 1:30 Ring Toss & Indoor Bowling—CR 3:00 Refreshments—CR 3:30 Yahtzee—TL 	Submarine Day 11 9:30 <u>Walking Club w/Kat & Pet Therapy w/Penny—DRP</u> 10:00 Refreshments —CR 10:30 Bocce Ball—CR 11:30 Lunch—DR 1:30 Bingo —CR 3:00 Snack —CR 3:00 Netflix Movie—MP 	12 9:00 Fitness w/ Lele —CR 9:00 Nail Care & Eye Glass Cleaning— TL 10:00 Catholic Communion —MC 10:00 Refreshments—CR 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Group Word Search—CR 3:00 Door to Door Refreshments 3:30 Sitcom “Our Gang/Comedy”—TL 	13 9:30 Watering the Garden- DRP 10:00 Refreshments —CR 10:30 Bingo —CR 11:30 Lunch—DR 1:00 Bible Study— TL 1:30 Pokeno Time —CR 3:00 Door to Door Refreshments 3:00 Netflix Movie & Popcorn - MP 	
14 9:00 Catholic Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Music & Refreshments—CR 11:00 Catholic Mass —MP 11:30 Lunch—DR 1:30 Bingo - CR 2:45 Netflix Movie & Popcorn —MP 3:00 Door to Door Refreshments 	Patriot’s Day 15 9:30 Activity Packet/Eversound—CR 10:00 Brunch —CR 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Performance by Peter Seltser—CR 3:00 Door to Door Refreshments 3:30 Lucky #7 Dice Game—TL 	16 9:00 Fitness w/ Lele —CR 10:00 Refreshments-CR 10:00 Lunch Outing—L 11:30 Lunch—DR 1:30 Bingo - CR 3:00 Door to Door Refreshments 3:00 Netflix Movie—MP 	Cheese Ball Day 17 9:30 Morning Stroll—CR 10:00 Refreshments—CR 10:30 Resident Council—CR 11:30 Lunch—DR 1:30 Funny Money Store —CR 3:00 Snack Time —CR 3:30 Bingo—CR 	18 9:30 Walking Club w/Kat & Pet Therapy w/Penny—DRP 10:00 Refreshments 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Documentary - Real Life UFO Sightings Our Life —TL 3:00 Door to Door Refreshments 3:00 Netflix Movie—MP 	19 9:00 Fitness w/ Lele —CR 9:00 Nail Care & Eye Glass Cleaning— TL 10:00 Refreshments-CR 10:30 Veterans Liaison w/Justin—CR 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Trivia—TL 3:00 Door to Door Refreshments 3:30 Name that Tune/Eversound—TL 	20 9:30 Watering the Garden- DRP 10:00 Refreshments —CR 10:30 Bingo —CR 11:30 Lunch—DR 1:30 Documentary —TL 3:00 Door to Door Refreshments 3:00 Netflix Movie & Popcorn - MP 	
21 9:00 Catholic Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Music & Refreshments—CR 11:00 Catholic Mass - MP 1:30 Bingo—CR 2:45 Netflix Movie & Popcorn —MP 3:00 Door to Door Refreshments 	Earth Day 22 9:30 Activity Packet /Eversound—CR 10:00 Music & Refreshments—CR 10:30 Bocce Ball—CR 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 #31 Card Game—TL 	23 9:00 Fitness w/ Lele —CR 10:00 Refreshments-CR 10:00 Scenic Drive—L 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Snack Time—CR 3:00 Netflix Movie—MP 	24 9:30 Ring Toss—CR 10:00 Refreshments—CR 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Trivia/Eversound—CR 3:00 Door to Door Refreshments 3:30 Group Coloring—TL 	World Book Day 25 9:30 Walking Club w/Kat & Pet Therapy w/Penny—DRP 10:00 Refreshments—CR 10:30 Arts & Crafts —CR 11:30 Lunch—DR 1:30 Gospel Music w/Steve & Diane —CR 3:00 Snack Time - CR 3:00 Netflix Movie—MP 	26 9:00 Fitness w/ Lele —CR 9:00 Nail Care & Eye Glass Cleaning— TL 10:00 Refreshments—CR 10:00 Catholic Communion —MC 10:30 Bingo—CR 11:30 Lunch—DR 1:30 Cooking w/ Cindy—DR 3:00 Door to Door Refreshments 3:30 Lucky #7 Dice Game—TL 	27 9:30 Watering the Garden- DRP 10:00 Refreshments —CR 10:30 Bingo—CR 11:30 Lunch—DR 1:00 Bible Study— TL 1:30 Group Crossword —CR 3:00 Netflix Movie & Popcorn - MP 3:00 Door to Door Refreshments 	
28 9:00 Catholic Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Music & Refreshments—CR 11:00 Catholic Mass - MP 1:30 Bingo—CR 2:45 Netflix Movie & Popcorn —MP 3:00 Door to Door Refreshments 	Dance Day 29 9:30 Activity Packet /Eversound - CR 10:00 Music & Refreshments —CR 10:30 Bingo —CR 11:30 Lunch 1:30 Group Word Search —TL 3:00 Refreshments —CR 3:30 Pokeno—CR 	30 9:00 Fitness w/ Lele —CR 10:00 Refreshments-CR 10:00 Scenic Drive—L 11:30 Lunch—DR 1:30 Bingo—CR 3:00 Snack Time—CR 3:00 Netflix Movie—MP 	 <h1>April 2024</h1>			Assisted Living Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 (619) 464-2273 	

SPRING WORD SEARCH

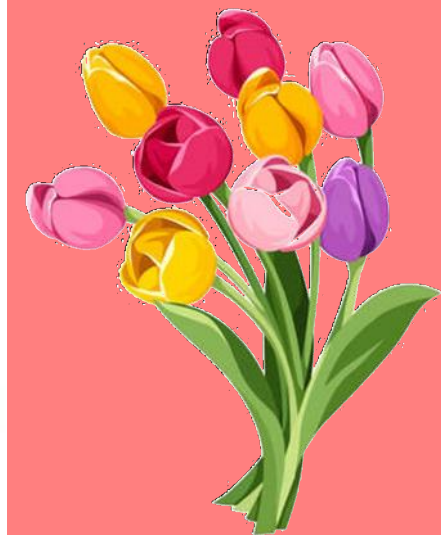
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BUNNY
GRASS
BLOOM
EGG

BUTTERFLY
FLOWER
GARDEN
LADYBUG

RAINBOW
SPRING
NET
RAINCOAT



Spring is the season of renewal, growth, and new beginnings. It's a time when the world awakens from its winter slumber, and nature comes alive with color, sound, and energy. From the first bloom of a flower to the return of migratory birds, spring is a season of beauty and wonder.



THE

Sungarden

TIMES



2045 Skyline Drive, Lemon Grove, CA 91945 Phone (619) 462-5831 Fax (844) 591-9133

License # 374603437

April 2024

Welcome to our
community!

We offer - Assisted Living -
Memory Care - Respite
Stays

Our Staff

Administrator
Director of Marketing
Susan O'Shaughnessy

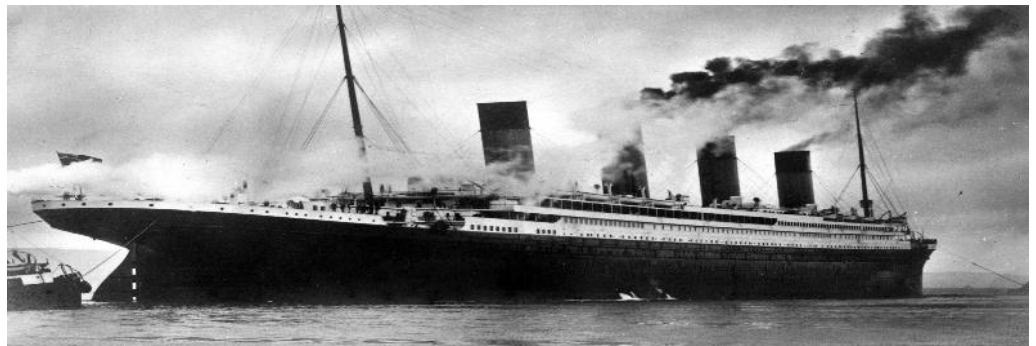
Culinary Director
Cindy Ramos

Care Supervisor
Claudia Munoz

Activities Director
Marcos Ramos

Building Engineer
Angel Rojas

Titanic "Unsinkable Ship"

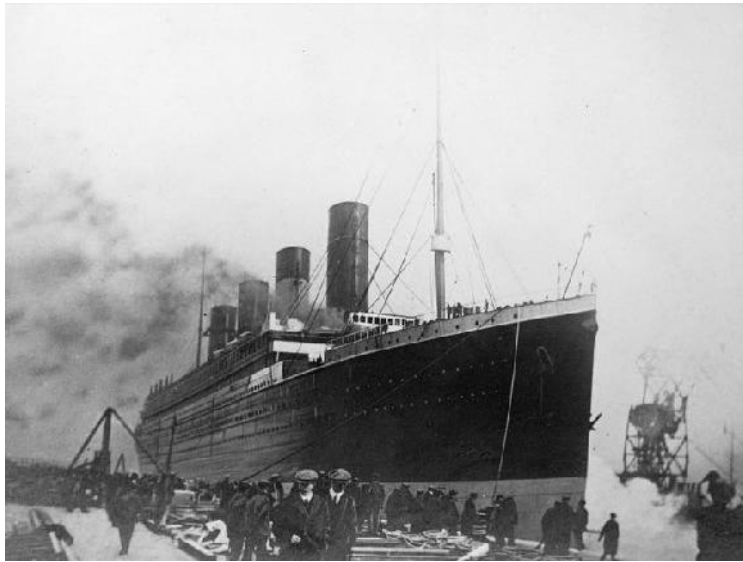


At 2:20 a.m. on April 15, 1912, the British ocean liner Titanic sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada. The massive ship, which carried 2,200 passengers and crew, had struck an iceberg two and half hours before. On April 10, the RMS Titanic, one of the largest and most luxurious ocean liners ever built, departed Southampton,

England, on its maiden voyage across the Atlantic Ocean. The Titanic was designed by the Irish shipbuilder William Pirrie and built in Belfast, and was thought to be the world's fastest ship. It spanned 883 feet from stern to bow, and its hull was divided into 16 compartments that were presumed to be watertight. Because four of these compartments could be flooded without causing a critical loss of buoyancy, the Titanic was considered unsinkable. While leaving port, the ship came within a couple of feet of the steamer New York but passed safely by, causing a general sigh of relief from the passengers massed on the Titanic's decks. On its first journey across the highly competitive Atlantic ferry route, the ship carried some 2,200 passengers and crew.

After stopping at Cherbourg, France, and Queenstown, Ireland, to pick up some final passengers, the massive vessel set out at full speed for New York City. However, just before midnight on April 14, the RMS Titanic failed to divert its course from an iceberg and ruptured at least five of its hull compartments. These compartments filled with water and pulled down the bow of the ship.

Continue on



Because the Titanic's compartments were not capped at the top, water from the ruptured compartments filled each succeeding compartment, causing the bow to sink and the stern to be raised up to an almost vertical position above the water. Then the Titanic broke in half, and, at about 2:20 a.m. on April 15, stern and bow sank to the ocean floor.

Because of a shortage of lifeboats and the lack of satisfactory emergency procedures, more than 1,500 people went down in the sinking ship or froze to death in the icy North Atlantic waters. Most of the 700 or so survivors were women and children. A number of notable American and British citizens died in the tragedy, including the noted British journalist William Thomas Stead and heirs to the Straus, Astor and Guggenheim fortunes. One hour and 20 minutes after Titanic went down, the Cunard liner Carpathia arrived. The survivors in the lifeboats were

brought aboard, and a handful of others were pulled out of the water. It was later discovered that the Leyland Lier Californian had been less than 20 miles away at the time of the accident but had failed to hear the Titanic's distress signals because its radio operator was off duty.

Announcement of details of the tragedy led to outrage on both sides of the Atlantic. In the disaster's aftermath, the first International Convention for Safety of Life at Sea was held in 1913. Rules were adopted requiring that every ship have lifeboat space for each person on board, and that lifeboat drills be held. An International Ice Patrol was established to monitor icebergs in the North Atlantic shipping lanes. It was also required that ships maintain a 24-hour radio watch.

Interesting Fact :

- The R.M.S. Titanic was a Royal Mail Ship. This designation meant the Titanic was officially responsible for delivering mail for the British postal service. On board the Titanic was a Sea Post Office with five mail clerks (two British and three American) who were responsible for the 3,423 sacks of mail (seven million individual pieces). Interestingly, although no mail has yet been recovered from the wreck of the Titanic, if it were, the U.S. Postal Service would still try to deliver it out of duty and because most of the mail was destined for the United States.
- Despite the fact that everyone knew the Titanic sunk and they had an idea of where that happened, it took 73 years to find the wreckage. Dr. Robert Ballard, an American oceanographer, found the Titanic on September 1, 1985 lying on the ocean floor at a depth of about 13,000 feet.





About Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



“Here Comes the Sun”

“Little Darlin’, it’s been a long, cold, lonely winter. Little Darlin’, it feels like years since it’s been here.

Here comes the sun...” (George Harrison).

What great lyrics to welcome Spring to Sungarden Terrace. Marcos, Angel and Jamie have been working tirelessly to return our patios and outdoor areas back to the blooming and vibrant spaces we appreciate during the warmer months.

New flowers have been added to the planter boxes bringing more color and texture for all of us to enjoy. I notice more residents sitting outside or strolling the pathways. Family members are appreciating the outdoor spaces to visit their loved ones, and are comfortably sitting under the pergola as they chat and share stories. The Resident Garden is getting a lot of attention as Marcos prepares the soil for this year’s bounty of herbs and fruit. The grapevine is sprouting and the citrus trees look promising. The kumquats have been claimed by a family member who magically turns the unusual fruit into delicious gifts of preserves.

There are remarkable benefits for our residents to join Marcos for gardening. Using one’s hands to work in the soil of the raised flower boxes is a form of exercise; so is watering, sweeping and pulling a weed. The social interaction of the group activity creates a sense of community due to the common goal of creating the growth of the plants. Being in the sun increases the intake of Vitamin D which improves the health of the immune system. The potential of the work, coupled with being in the fresh air, among nature, can leave the resident feeling relaxed, while reducing stress. And we haven’t even mentioned the

pure joy of observing hummingbirds, doves, lizards and butterflies!

“Little Darlin’, the smiles’ returning to their faces.” Here comes the sun...”

“It’s all right,”

Susan



*Yeah, it's St. Patty's Day.
Everyone's Irish today.
Let's dance and have some fun!*



“Color in a picture is like enthusiasm in life “

-Vincent Van Gogh



If you have any questions or would like to schedule a tour, Please contact Susan O'Shaughnessy at (619) 464 - CARE (2273)
Our Website is Sungardenterrace.com