October

Location Key:
CR - Community Room
MP - Multi Purpose Room
DRP - Dining Room Patio
TL - Terrace Lounge
D - Dining Room
MC - Memory Care
L - Lobby
Activities are subject to change
Outdoor programs occur if weather permits

October Birthday's
Nell M. 10/3
Francoise D. 10/6
Adolph H. 10/8
Kathy B. 10/9

Assisted Living Activities Calendar
Sungarden Terrace
2045 Skyline Drive
Lemon Grove, CA 91945
(619) 464-2273

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee Day 9:00 Fitness w/ Lele –CR 10:00 Refreshments—CR 10:00 Walmart Outing— L 10:30 Jigsaw Puzzle Club—TL 1:30 Bingo —CR **2:45 Netflix Movie | Holiday in the Wild—MP** 3:00 Door to Door Refreshments—CR	**2** **9:00 Oktober Fest Coloring Sheet & Polka Music—TL** 10:00 Snack—CR 10:30 Group Word Search—CR 1:30 Bingo—CR 3:00 Snack—CR 3:00 Nail Care & Eye Glass Cleaning– CR	**3** Girl's Day 9:30 Walking Club w/Kat & Pet Therapy w Penny— DRP 10:00 Snack—CR 10:30 Bingo—CR ***12:00 Pokeno La Mesa– L*** 1:30 Group Sing-A-Long—TL 3:00 Door to Door Refreshments **3:00 Netflix Movie | Dog Gone—MP**	**4** 9:00 Fitness w/ Lele –CR 10:00 Snack-CR 10:30 Group Karaoke—TL **1:30 Oktober Fest Pretzel Bites & Waltz Music—DR** **3:30 Ancient Mayan Metropolis Full Documentary PBS—MP** 3:00 Door to Door Refreshments	**5** October Fest **9:00 Netflix: Dark Winds Episode-1—MP** 10:00 Refreshments —CR 10:30 Bingo —CR 1:00 Chair Yoga—CR 1:30 Gardening - DRP **2:30 Netflix Movie The Munsters—MP** 3:00 Door to Door Refreshments
6 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo—CR **1:30 Netflix Movie & Popcorn Tyson's Run—MP** 3:00 Door to Door Refreshments	**7** Health Day 9:00 Silver Sneakers Exercise—CR **9:30 Oktober Fest Activity Packet / Eversound—CR** 10:00 Snack—CR 10:30 Bocce Ball—CR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Yahtzee—TL	**8** 9:00 Fitness w/ Lele –CR 10:00 Refreshments—CR 10:00 Scenic Drive — L **1:30 Piano Music w//Raymond—DR** **2:45 Netflix Movie | The Princess Switch—MP** 3:00 Door to Door Refreshment	**9** Emergency Nurses Day 9:30 Chair Yoga—CR 10:00 Snack—CR 10:30 Bingo—CR **1:30 Oktober Fest Art Project—TL** 3:00 Refreshments—CR 3:00 Nail Care & Eye Glass Cleaning– CR	**10** 9:30 Walking Club w/Kat & Pet Therapy w/Penny— DRP 10:00 Snack—CR 10:30 Bingo—CR **1:30 Relaxing Music w/Greg M.—DR** **2:45 Netflix Movie | My Girl 2 –MP** 3:00 Door to Door Refreshments	**11** Yom Kippur 9:00 Fitness w/ Lele –CR 10:30 Bingo—CR 10:00 Snack-CR **1:30 Piano Sing-A-Long w/Anona—DR** 3:00 Door to Door Refreshments 3:30 UNO Card Game—TL	**12** **9:00 Netflix: Dark Winds Episode-2—MP** 10:00 Refreshments —CR 10:30 Bowling—CR 1:00 Bible Study– TL 1:00 Chair Yoga –CR 1:30 Gardening - DRP **2:30 Netflix Movie & Popcorn Walk. Ride. Rodeo.- MP**
13 Navy Birthday 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service –MP 10:00 Snack—CR 10:30 Bingo—CR **1:30 Netflix Movie & Popcorn Benji—MP** 3:00 Door to Door Refreshments	**14** 9:00 Silver Sneakers Exercise—CR 9:30 Activity Packet /Eversound—CR 10:00 Snack—CR 10:30 Basketball Hoops—CR 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Jigsaw Puzzle Club—TL	**15** Mushroom Day 9:00 Fitness w/ Lele –CR 10:00 Refreshments-CR 10:30 Lunch Outing—L 1:30 Bingo—CR **2:45 Netflix Movie | Dr. Seuss' The Cat in the Hat—MP** 3:00 Snack Time—CR	**16** 9:30 Noodle Exercise– CR 10:00 Snack—CR 10:30 Pokeno—CR 1:30 Bingo—CR 3:00 Refreshments—CR 3:00 Nail Care & Eye Glass Cleaning– CR	**17** Pasta Day 9:30 Walking Club w/Kat & Pet Therapy w/Penny— DRP 10:00 Refreshments—CR 10:30 Group Word Search—CR 1:30 Group Sing-A-Long—MC **2:45 Netflix Movie | Home Team—MP** 3:00 Door to Door Refreshments	**18** 9:00 Fitness w/ Lele –CR 10:00 Refreshments-CR 10:30 Veterans Liaison w/ Justin—CR **1:30 Performance by: Kai | The Oldies Guy—DR** 3:30 Yahtzee—TL 3:00 Door to Door Refreshments	**19** Friends Day **9:00 Netflix: Dark Winds Episode-3—MP** 10:00 Refreshments —CR 10:30 Bingo —CR 1:00 Chair Yoga—CR 1:30 Gardening - DRP **2:30 Prime Movie & Popcorn Troll— MP**
20 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo —CR **1:30 Netflix Movie & Popcorn | Enola Holmes—MP** 3:00 Door to Door Refreshments	**21** 9:00 Silver Sneakers Exercise—CR 9:30 Activity Packet/Eversound—CR 10:00 Snack —CR 10:30 Greeting Card Writing—TL 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Pictionary—TL	**22** 9:00 Fitness w/ Lele –CR 10:00 Refreshments-CR 10:00 Scenic Drive—L 1:30 Bingo – CR **2:45 Netflix Movie | Guillermo Del Toro's Pinocchio—MP** 3:00 Door to Door Refreshments	**23** 9:00 Silver Sneaker– CR 10:00 Refreshments—CR **10:30 Celebrity Bingo—CR** **1:30 Funny Money Store —CR** 3:00 Door to Door Refreshments—CR 3:00 Nail Care & Eye Glass Cleaning– CR	**24** 9:30 Walking Club w/Kat & Pet Therapy w/Penny— DRP 10:00 Snack —CR **10:30 Resident Council—CR** **1:30 Pumpkin & Costume Contest —DR** **2:45 Netflix Movie | Mr. Harrigan's Phone—MP** 3:00 Door to Door Refreshments	**25** Opera Day 9:00 Fitness w/ Lele –CR 10:00 Refreshments—CR **10:30 Netflix Sitcom |Young Sheldon—MP** 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Yahtzee—TL	**26** **9:00 Netflix: Dark Winds Episode 4—MP** 10:00 Refreshments —CR 10:30 Bingo —CR 1:00 Bible Study - TL 1:00 Chair Yoga—CR 1:30 Gardening - DRP **2:30 Netflix Movie & Popcorn True Spirit- MP** 3:00 Door to Door Refreshments
27 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo —CR **1:30 Netflix Movie & Popcorn | Hubie Halloween—MP** 3:00 Door to Door Refreshments	**28** 9:00 Silver Sneakers Exercise—CR 9:30 Activity Packet /Eversound - CR 10:00 Snack —CR 10:30 Connect Four Game—CR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Yahtzee —TL	**29** 9:00 Fitness w/ Lele –CR 10:00 Refreshments-CR 10:00 Scenic Drive—L 1:30 Bingo – CR **2:45 Netflix Movie | The Curse of Bridge Hollow—MP** 3:00 Door to Door Refreshments	**30** 9:00 Yoga– CR 10:00 Refreshments—CR 10:30 Bingo—CR **1:30 Steve & Diane /Gospel Music—DR** 3:00 Snack—CR 3:00 Nail Care & Eye Glass Cleaning– CR	**31** Halloween 9:30 Walking Club w/Kat & Pet Therapy— DRP 10:00 Snack —CR 10:30 Bingo—CR 1:30 Group Coloring—CR 3:00 Door to Door Refreshments 3:30 Halloween Sing A Long —TL **4:45 Trick or Treat –CR**		