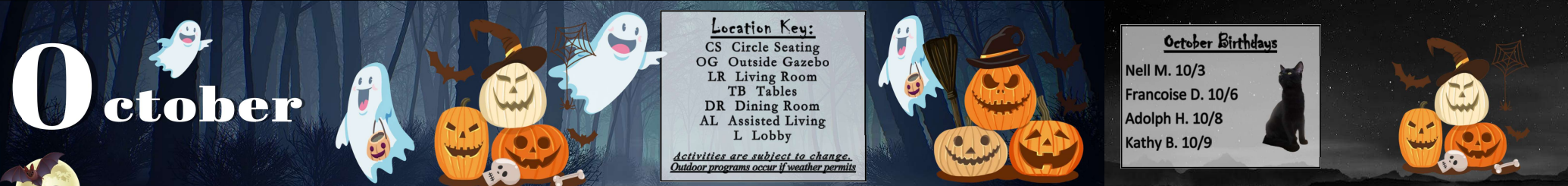


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Memory Care Activities Calendar Sungarden Terrace 2045 Skyline Drive Lemon Grove, CA 91945 619) 464-2273 Location Key: CS Circle Seating OG Outside Gazebo LR Living Room TB Tables DR Dining Room AL Assisted Living L Lobby <i>Activities are subject to change. Outdoor programs occur if weather permits</i> October Birthdays Nell M. 10/3 Francoise D. 10/6 Adolph H. 10/8 Kathy B. 10/9						
		Coffee Day 1 9:30 Group Chat Reminiscing 10:00 Refreshments 10:30 Sit & Stretch 11:00 Happy Hands 1:30 Bingo 2:30 Pet Therapy w/Penny 3:00 Snack & Roll Music 3:30 Parachute Fun	2 9:30 Arts & Crafts 10:00 Refreshments 10:30 Noodle Stretch 11:00 Happy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack & Roll Music 3:30 Parachute Fun	Girl's Day 3 9:30 Jigsaw Puzzle 10:00 Hydration 10:30 Sit-N-Stretch 11:00 Healthy Hands 1:30 Bingo 2:30 Pet Therapy w/Penny 3:00 Snack 3:30 Lucky #7 Dice Game	4 9:00 The Three Stooges Sitcom 10:00 Snack Hydration 10:30 Nail Care & Eye Glass Cleaning 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack & Chat 3:30 Pictionary	World Teacher's Day 5 9:00 Morning Stroll 10:00 Snack & Hydration 10:30 Beach Ball 11:00 Happy Hands 1:30 Brain-Teasers 2:30 Bingo 3:00 Snack 3:00 Afternoon Netflix Movie
6 9:00 Shadow Mountain Service 10:00 Refreshments 10:30 Catholic Mass 11:00 Healthy Hands 1:30 Move to your Favorite Music 2:45 Netflix Movie 3:00 Refreshments	Health Day 7 9:00 Morning Sitcom 10:00 Hydration & Snack 10:30 Chair Stretching Exercise 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack & Chat & Fun	8 9:00 Morning Sitcom 10:00 Refreshments 10:30 Balloon Ball 11:00 Happy Hands 1:30 Sing-A-Long 2:30 Pet Therapy w/Penny 3:00 Snack & Relaxing Music	Emergency Nurses Day 9 9:00 Travel Show 10:00 Refreshments 10:30 Silver Sneakers Exercise 11:00 Happy Hands 1:30 Dominoes 2:30 Music Therapy w/Eversound 3:00 Snack & Relaxing Music 3:30 Bingo	10 9:30 Flower Arrangements 10:00 Refreshments 10:30 Move to the Music Exercise 11:00 Healthy Hands 1:30 Bingo 2:30 Pet Therapy w/Penny 3:00 Snack & Music 3:30 Dominoes	Yom Kippur 11 9:00 Dolly Parton Concert 10:00 Snack, Chat & Hydration 10:30 Nail Care & Eye Glass Cleaning 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack & Chat 3:30 Word Scrambling	12 9:00 Morning Sitcom 10:00 Snack 10:30 Music & Jigsaw Puzzle 11:00 Happy Hands 1:30 Aroma Therapy & Book Reading 2:30 Playdough Sculpting 3:00 Snack 3:30 Dance to your Favorite Tune
Navy Birthday 13 9:00 Shadow Mountain Service 10:00 Refreshments 10:00 Catholic Mass 11:00 Healthy Hands 1:30 Bingo 2:45 Lucky # 7 Dice Game 3:00 Snack 3:30 Garden Stroll & Music	14 9:30 Water Coloring 10:00 Snack 10:30 Chair Yoga 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Refreshments 3:30 Lucky #7	Mushroom Day 15 9:00 Poetry 10:00 Refreshments 10:30 Morning Exercise 11:00 Happy Hands 1:30 Card Game 21 2:30 Pet Therapy w/Penny 3:00 Snack & Music 3:30 Scrabble & Words w/Friends	16 9:00 Morning Stroll 10:00 Refreshments 10:30 Sit & Stretch 11:00 Happy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack & Music 3:30 Scrabble & Words w/Friends	Pasta Day 17 9:30 Daily Chronicles 10:00 Brunch 10:30 Chair Yoga 11:00 Healthy Hands 1:30 Piano Sing-A-Long w/Anona 2:30 Pet Therapy w/Penny 3:00 Refreshments 3:30 The Price is Right Game Show	18 9:30 Number Coloring 10:00 Snack Hydration 10:30 Nail Care & Eye Glass Cleaning 11:00 Healthy Hands 1:30 Unwind—Courtyard Stroll 2:30 Music Therapy w/Eversound 3:00 Snack & Chat 3:30 Halloween Coloring	Friends Day 19 9:00 Morning Sitcom 10:00 Saturday Snack! 10:30 Music & Puzzles 11:00 Happy Hands 1:30 Bingo 3:00 Bead Counting 3:30 Flower Arrangements
9:00 Shadow Mountain Service 10:00 Refreshments 10:00 Catholic Mass 11:00 Healthy Hands 1:30 Parachute Fun 2:45 America's Got Talent 3:00 Snack 3:30 Garden Stroll	20 9:30 Daily Chronicles 10:00 Refreshments 10:00 Catholic Mass 11:00 Healthy Hands 1:30 Parachute Fun 2:45 America's Got Talent 3:00 Snack 3:30 Garden Stroll	21 9:30 Daily Chronicles 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 TV Music Concert & Trivia 2:30 Music Therapy w/Eversound 3:00 Refreshments 3:30 Bingo	22 9:00 Documentary "How It's Made" 10:00 Refreshments 10:30 Chair Yoga 11:00 Happy Hands 1:30 Piano Music w/Raymond 2:30 Pet Therapy w/Penny 3:00 Snack 3:30 Create Collages from Magazines	23 9:00 Story Telling 10:00 Refreshments 10:30 Chair Work Out 11:00 Happy Hands 1:30 Magazine Cut-outs 2:30 Music Therapy w/Eversound 3:00 Snack 3:30 Bingo	24 9:30 Newspaper Article 10:00 Hydration 10:30 Silver Sneakers Exercise 11:00 Healthy Hands 1:30 Pumpkin & Costume Contest—DR 2:30 Pet Therapy w/Penny 3:00 Snack 3:30 Halloween Music & Dancing	25 9:30 Word Search 10:00 Snack Hydration 10:30 Nail Care & Eye Glass Cleaning 11:00 Healthy Hands 1:30 Name 5 Things... Game 2:30 Music Therapy w/Eversound 3:00 Snack & Chat 3:30 Pictionary
9:00 Shadow Mountain Service 10:00 Refreshments 10:00 Catholic Mass 11:00 Healthy Hands 1:30 Aroma Therapy & Poem Reading 3:00 Refreshments 3:30 Bingo	27 9:00 Shadow Mountain Service 10:00 Refreshments 10:00 Catholic Mass 11:00 Healthy Hands 1:30 Aroma Therapy & Poem Reading 3:00 Refreshments 3:30 Bingo	28 9:30 Aroma Therapy & Book Reading 10:00 Hydration & Snack 10:30 Chair Exercise 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack 3:30 Mexican Train Game (Dominoes)	29 9:00 Morning TV Game Show 10:00 Snack, Chat & Hydration 10:30 Chair Exercise 11:00 Happy Hands 1:30 Bingo 2:30 Pet Therapy w/Penny 3:00 Snack & Chat 3:30 Trivia/Eversound	30 9:00 Gilligan's Island Sitcom 10:00 Refreshments 10:30 Silver Sneakers Work-out 11:00 Happy Hands 1:30 Bingo 2:30 Music Therapy w/Eversound 3:00 Snack 3:30 Let's Make a Deal	31 9:00 Morning Movie 10:00 Refreshments 10:30 Chair Yoga 11:00 Happy Hands 1:30 Bingo 2:30 Pet Therapy w/Penny 3:00 Snack 3:30 Let's Make a Deal	Opera Day 25 9:30 Word Search 10:00 Snack Hydration 10:30 Nail Care & Eye Glass Cleaning 11:00 Healthy Hands 1:30 Name 5 Things... Game 2:30 Music Therapy w/Eversound 3:00 Snack & Chat 3:30 Pictionary
					26 9:00 Morning Sitcom 10:00 Snack 10:30 Parachute Fun 11:00 Happy Hands 1:30 Aroma Therapy & Book Reading 2:30 Bingo 3:00 Snack 3:30 Listen to your Favorite Music	