

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Location Key:**  
 DR - Dining Room  
 LR - Living Room  
 TB - Tables in Living Room  
 MP - Multi Purpose Room  
 CS - Circle Seating  
 OG - Outdoor Gazebo  
 AL - Assisted Living

*Activities are subject to change.  
 Outdoor programs occur if weather permits*

**April Birthday's:**

Oscar S. 4/3  
 Arthur W. 4/28

**April Fools' Day 1**


9:00 Morning Sitcom "I Love Lucy"  
 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 Move to Your Favorite Music

**2**

9:30 Dear Abby & Aroma Therapy  
 10:00 Hydration & Snack  
**10:00 Christian Fellowship Service—CR**  
**10:30 Chair Exercise**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:30 Music Therapy /Eversound  
 3:00 Snack  
 3:30 Trivia

**Burrito Day 3**

9:00 Group Chat, Reminiscing & Music  
 10:00 Refreshments  
**10:30 Fitness w/Clarissa**  
**11:00 Happy Hands**  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Snack Time  
 3:30 Parachute Fun




**4**

9:00 Wheel of Fortune Game Show  
 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 How Many Words with the Letter "C"**

**Dandelion Day 5**

9:00 Morning Sitcom  
 10:00 Snack  
 10:30 Story Telling  
 11:00 Happy Hands  
 1:30 Parachute Fun & Music Therapy  
 2:30 Bingo  
 3:00 Snack  
**3:30 Afternoon Exercise**



**6**

9:00 Glamour Hour  
 10:00 Refreshments  
**10:30 Silver Sneaker Exercise**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:45 Dominoes  
 3:00 Refreshments  
 3:30 Move to your Favorite Music

**Beer Day 7**

9:30 SD Zoo Journal Magazine  
 10:00 Refreshments  
**10:30 Noodle Stretch**  
**11:00 Happy Hands**  
**1:30 Art for All Ages**  
 2:30 Music Therapy w/Eversound  
 3:00 Snack  
 3:30 Parachute Fun



**8**


9:00 Jigsaw Puzzle  
 10:00 Hydration & Snack  
**10:30 Alzheimer's Support Group—CR**  
**10:30 Sit-N-Stretch**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Snack  
 3:30 Multi Sports

**Name Yourself Day 9**

9:00 How It's Made/TV Show  
 10:00 Hydration & Snack  
**10:30 Fitness Class & Healthy Hands**  
 1:30 Flower Arrangements  
 2:30 Music Therapy /Eversound  
 3:00 Snack & Chat  
 3:30 Sing Along

**10**

9:00 Dear Abby & Daily Chronicles  
 10:00 Snack  
**10:30 Fitness w/Clarissa**  
**11:00 Happy Hands**  
 1:30 Spring Coloring Sheet  
 2:30 Pet Therapy w/Penny  
 3:00 Snack  
 3:30 Bingo



**Pet Day 11**

9:00 Number Coloring & Music  
 10:00 Snack Time  
 10:30 Nail Care & Eye Glass Cleaning  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:30 Music Therapy w/Eversound  
 3:00 Snack  
**3:30 Noodle Exercise**

**12**

9:00 Let's Travel-YouTube  
 10:00 Refreshments  
 10:30 Word Search  
**11:00 Happy Hands**  
 1:30 Bingo  
 3:00 Snack  
 2:30 Card Game  
 3:30 Music/Eversound



**Palm Sunday 13**

9:00 Beauty Hour  
 10:00 Refreshments  
**10:30 Noodle Exercise**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:45 Lucky # 7 Dice Game  
 3:00 Snack  
 3:30 Basket Hoops

**14**

9:30 Balloon Ball  
 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



**TAX Day 15**

9:00 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 Deal or No Deal

**16**

9:30 Water Coloring  
 10:00 Snack  
**10:30 Chair Yoga**  
**11:00 Healthy Hands**  
 1:30 Bocce Ball  
 2:30 Music Therapy /Eversound  
 3:00 Refreshments  
 3:30 Lucky #7

**Cheese Ball Day 17**

9:00 Joke-Opedia  
 10:00 Refreshments  
**10:30 Fitness w/Clarissa**  
**11:00 Happy Hands**  
 1:30 Dominoes  
 2:30 Pet Therapy w/Penny  
 3:00 Snack  
 3:30 Scrabble & Words w/Friends

**Good Friday 18**

9:00 Poem Reading Museum Pictures  
 10:00 Refreshments  
 10:30 Nail Care & Eye Glass Cleaning  
**11:00 Healthy Hands**  
**1:30 Piano Sing Along w/Anona**  
 2:30 Music Therapy w/Eversound  
 3:00 Snack  
 3:30 Pictionary



**Holy Day 19**

9:00 Morning Stretch Exercise  
 10:00 Snack  
 10:30 Music & Jigsaw Puzzle  
**11:00 Happy Hands**  
**1:30 Move to your Favorite Tune**  
 2:30 Sing Along  
 3:00 Snack  
 3:30 Bingo

**Easter Sunday 20**

9:00 Glamour Hour  
 10:00 Refreshments  
**10:30 Chair Yoga**  
**11:00 Healthy Hands**  
**11:30 Easter Brunch—DR**  
 1:30 Bingo  
 3:00 Refreshments  
 3:30 Parachute Fun





**21**

**9:30 Family Feud Game Show**  
**10:00 Refreshments**  
**10:30 Sit & Stretch**  
**11:00 Happy Hands**  
 2:30 Music Therapy w/Eversound  
 3:00 Snack &  
 3:30 Scrabble & Words

**Earth Day 22**

9:00 Daily Chronicles & Chat  
 10:00 Brunch  
**10:30 Chair Yoga**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Refreshments  
 3:30 Parachute Fun



**23**

9:30 Book Reading  
 10:00 Refreshments  
**10:30 Noodle Exercise**  
**11:00 Healthy Hands**  
 1:30 Trivia  
 2:30 Music Therapy /Eversound  
 3:00 Refreshments  
 3:30 Bingo

**24**

9:00 Travel Show Lets Go to France  
 10:00 Hydration & Snack  
**10:30 Fitness w/Clarissa**  
**11:00 Happy Hands**  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Snack  
 3:30 Poem Reading



**Arbor Day 25**

9:00 How It's Made TV Show & Trivia  
 10:00 Snack & Hydration  
 10:30 Nail Care & Eye Glass Cleaning  
**11:00 Healthy Hands**  
**1:30 Root Bear Float & Music Social**  
 2:30 Music Therapy w/Eversound  
 3:00 Snack & Chat  
 3:30 Bingo

**26**

9:00 Audio Book Story  
 10:00 Snack  
 10:30 Music & Jigsaw Puzzle  
**11:00 Happy Hands**  
 1:30 Move to Your Favorite Tune  
**2:30 Chair Yoga**  
 3:00 Snack  
 3:30 Bowling

**27**

9:00 Beauty Hour  
 10:00 Refreshments  
**10:30 Silver Sneakers Exercise**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:45 Relaxing Music & Coloring  
 3:00 Snack  
 3:30 Garden Stroll

**Poetry Reading Day 28**

9:30 Poem Reading  
 10:00 Refreshments  
**10:30 Chair Work Out**  
**11:00 Happy Hands**  
 1:30 Magazine Cut-outs  
 3:00 Snack  
 2:30 Music Therapy w/Eversound  
 3:30 Bingo

**29**

9:30 Balloon Volley Ball  
 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 Bingo



**Jazz Day 30**

9:30 Trivia  
 10:00 Hydration & Snack  
**10:30 Chair Exercise**  
**11:00 Healthy Hands**  
 1:30 Bingo  
 2:30 Music Therapy /Eversound  
 3:00 Snack  
 3:30 Dominoes

**April 2025**

**Memory Care Activities Calendar**

Sungarden Terrace 2045 Skyline Drive,  
 Lemon Grove, CA. 91945 (619) 464-2273

