

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																											
October Sungarden Terrace Assisted Living Activities Calendar 2045 Skyline Drive, Lemon Grove, CA 91945—619-464-2273  2025			Music Day1 9:00 Oktoberfest Craft & Music—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:00 Fellowship Bible Study—CR 1:30 Bingo Fun—CR 2:30 Netflix Movie& Popcorn Resident’s Choice—MP 3:00 Door to Door Refreshments	Smile Day3 9:00 Clarissa’s Fit & Fun —CR 9:30 Daily Tabloid & Tea—CR 10:00 Refreshments-CR 10:30 Bingo Excitement—CR 1:30 Oktoberfest Pretzel Project w/Cindy—CR 3:00 Door to Door Refreshments 3:30 The Singing Circle—TL 	Alzheimer’s Walk4 9:00 Classic Checker Challenge—CR 10:00 Refreshments —CR 10:30 The Fascinating History of German Beer: From Monks to Modern Beer 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR 2:30 Netflix Movie& Popcorn Beetlejuice —MP 3:00 Door to Door Refreshments	Teachers Day5 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 10:30 Silver Sneakers Exercise—TL 1:30 Movie Matinee: E.T.—MP 3:00 Door to Door Refreshments 3:15 Epic Bingo Game—CR 	6 9:00 Seated Strength—CR 9:30 Discovery Packet/Eversound - 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