

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sungarden Terrace Memory Care Activities Calendar 2045 Skyline Drive, Lemon Grove, CA 91945 —619-464-2273 October 2025			9:00 Spirit Lift: Devotions on Screen 1 10:00 Refreshments 10:30 Soothing Exercise 10:00 Fellowship Bible Study—CR 11:00 Happy Hands 1:30 Bingo & Ice Cream 2:30 Soundscapes for the Soul/Eversound 3:00 Snack 3:30 Lucky #7 Roll Off	9:00 How It’s Made/Morning TV Show 2 10:00 Hydration & Snack 10:30 Clarissa’s Fit & Fun 11:00 Happy Hands 1:30 Happy Bingo Time 2:30 Cuddle & Care w/Penny 3:00 Snack 3:30 Dominoes Dots & Blocks	Smile Day 3 9:00 Heart to Heart with Dear Abby 10:00 Refreshments-CR 10:30 Shake, Rattle & Roll to 50’s Music 11:00 Healthy Hands 1:30 Bingo Bonanza 2:30 Nail & Eye Glass Spa 3:00 Snack & Chat 3:30 Karaoke & Drinks, Let’s Sing Together!	Alzheimer’s Walk 4 9:00 Sit & Move to the Groove 10:00 Snack 10:30 Soothing Sounds & Puzzle Time 11:00 Happy Hands 1:30 Mini Ball Bucket Madness 2:30 Paint by Numbers 3:00 Snack 3:30 Bingo Time
Teachers Day 5 9:00 Beauty Session 10:00 Refreshments 10:30 Tai Chi Movements 11:00 Healthy Hands 1:30 Let’s Go Bingo 2:45 Lucky # 7 Dice Game 3:00 Snack 3:30 Chair Fitness Dance	6 9:00 Journey from Home 10:00 Hydration & Snack 10:30 Relaxing Movements 11:00 Happy Hands 1:30 Bingo Fun Hour 2:30 Rhythmic Healing Session/Eversound 3:00 Snack 3:30 Halloween Sheet Coloring	Inner Beauty Day 7 9:00 Abby’s Advice Corner 10:00 Refreshments 10:30 Gentle Chair Yoga 11:00 Healthy Hands 1:30 Halloween Water Coloring 2:30 Penny’s Pawsitive Therapy 3:00 Refreshments 3:30 King Me! Checkers	8 9:00 News in a Nutshell 10:00 Hydration & Snack 10:30 Feel Good Moves 11:00 Healthy Hands 1:30 Halloween Crafting Corner & Drinks 2:30 The Healing Power of Music/Eversound 3:00 Snack 3:30 Halloween Word Search	Sight Day 9 9:00 Early Bird Chat 10:00 Refreshments 10:30 Fit Blast w/Clarissa 11:00 Happy Hands 1:30 Creative Coloring Moments 2:30 Fur & Feelings w/Penny 3:00 Snack 3:30 Bingo Mania	10 9:00 Trivia Whiz Hour 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Parachute Color Fun 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Bingo Bingo!	Hospice & Palliative Day 11 9:00 Book Hour 10:00 Snack 10:30 Gentle Hand Massage 11:00 Happy Hands 1:30 Table Talk 2:30 Stretch & Breathe Yoga 3:00 Snack 3:30 Cup Stack Mania
12 9:00 Glow-up Moment 10:00 Refreshments 10:30 Relaxed Workout 11:00 Healthy Hands 1:30 Bingo Fun Hour 2:45 Dominoes Club 3:00 Refreshments 3:30 Bodies in Motion	Navy Birthday 13 9:00 Remembering Great Inventions 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bocce Ball & Drinks 2:30 Therapeutic Music /Eversound 3:00 Refreshments 3:30 Bingo	14 9:00 Bright Beginnings Chat 10:00 Refreshments 10:30 Alzheimer’s Support Group—CR 10:30 Chair Fitness Flow 11:00 Happy Hands 1:30 Bingo Hour Fun 3:00 Snack 2:30 Penny’s Support Session 3:30 Word Whiz Spelling Bee	15 9:00 Animal Web Cam & More 10:00 Brunch 10:30 Music– Cise 11:00 Healthy Hands 1:30 Bingo Blast 2:30 Sound Therapy/Eversound 3:00 Refreshments 3:30 Halloween Trivia	16 9:00 Morning News Updates 10:00 Hydration & Snack 10:30 Clarissa’s Fit & Fun 11:00 Happy Hands 1:30 Bingo Fun 2:30 Cuddle w/Penny 3:00 Snack 3:30 Halloween Arts & Craft	Black Poetry Day 17 9:00 Halloween Stories 10:00 Snack 10:30 Bingo Fun & Snacks 11:00 Healthy Hands 1:30 Sing Along Fun w/Anona 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Halloween Music Fun	18 9:00 Morning Fitness 10:00 Snack 10:30 Spooky Trivia Triumph 11:00 Happy Hands 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun
New Friends Day 19 9:00 Daily Care Time 10:00 Refreshments 10:30 Silver Sneakers Fitness 11:00 Healthy Hands 1:30 Bingo Bash 2:45 Relaxing Music & Coloring 3:00 Snack 3:30 Balloon Volleyball Palooza	20 9:00 Soothing Hand Therapy 10:00 Snack 10:30 Chair Fitness 11:00 Happy Hands 1:30 Bingo-Palooza 2:30 Calypso Music/Eversound 3:00 Snack 3:30 Hat Box of Senses	Apple Day 21 9:00 Aroma & Audiobooks 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 1:30 Mini Basket Hoops Madness 2:30 Paws & Peace w/Penny 3:00 Snack & Relaxing Music 3:30 Bingo Blast	22 9:00 Headline Highlights 10:00 Hydration & Snack 10:30 Calm & Stretch Session 11:00 Happy Hands 1:30 Bingo Bonanza 2:30 Rhythm & Reflection/Eversound 3:00 Snack 3:30 Checker Challenge	Paralegal Day 23 9:00 Morning Hymn Tunes 10:00 Snack & Hydration 10:30 Clarissa’s Workout Time 11:00 Healthy Hands 1:30 Golden Mic Karaoke 2:30 Paw Prints Comfort w/Penny 3:00 Snack & Chat 3:30 The Great Bingo Game	24 9:00 Scented Serenity Session 10:00 Refreshments-CR 10:30 Groove to the Rock & Roll Beat 11:00 Healthy Hands 1:00 Costume & Pumpkin Contest-DR 2:30 Glam & Shine: Nails & Eye Wear 3:00 Snack & Chat 5:15 Kiva Families Trick or Treat-CR	Opera Day 25 9:00 Fun & Games: Jokes & Riddles 10:00 Refreshments 10:30 The Great Word Search 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Card Game 3:00 Snack 3:30 Arts & Craft
26 9:00 Glamour Break 10:00 Refreshments 10:30 Chair Yoga & Wellness 11:00 Healthy Hands 1:30 Bingo Bonanza 2:45 Team Parachute Time 3:00 Refreshments 3:30 Sensory Adventure Hat Box	Black Cat Day 27 9:00 Tales & Treasures 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo & Beyond 2:30 Melody & Mindfulness/Eversound 3:00 Refreshments 3:30 Halloween Trivia	28 9:00 Daybreak News 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Wellness w/Penny the Therapy Pet 3:00 Snack 3:30 Bingo Adventure	Oatmeal Day 29 9:00 Wild Wonders Show 10:00 Brunch 10:30 Noodle Movement Fun 11:00 Healthy Hands 1:30 Colorful Ball Toss 2:30 Soothing Sounds Therapy/Eversound 3:00 Refreshments 3:30 Netflix Movie: Ghostbusters	30 9:00 Poetic Expressions 10:00 Refreshments 10:30 Power Hour w/Clarissa 11:00 Healthy Hands 1:30 Halloween Movie 2:30 Tail-Wagging Therapy w/Penny 3:00 Snack 3:30 Articulate with Art	Halloween 31 9:00 Giggles & Riddles 10:00 Snack 10:30 Bingo Fun 11:00 Healthy Hands 1:30 Halloween Cookies 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Netflix Movie: Beetlejuice	Location Key: L ~ Lobby CR ~ Community Room DR ~ Dining Room DRP ~ Dining Room Patio G ~ Garden TL ~ Terrace Lounge MC ~ Memory Care