

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2025			Location Key: L - Lobby G-Garden CR - Community Room D - Dining Room DRP - Dining Room Patio TL - Terrace Lounge MC - Memory Care	Sungarden Terrace Assisted Living Activities Calendar 2045 Skyline Drive Lemon Grove, CA 91945 619-462-5831	Birthday's Elaine R. 11/7 Patricia J. 11/15 Richard T. 11/22 Norma T. 11/23	Vegan Day 1 9:00 The Real Story of Thanksgiving (Full Documentary) YouTube –MP 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 The Lemonade Lounge—CR 2:30 Netflix Movie & Popcorn Sister Act—MP 3:00 Door to Door Refreshments
Daylight Saving Time Ends 2 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – TL 10:00 Goodies—CR 10:30 Bingo Mania—CR 1:30 Movie Matinee: Sister Act 2— MP 3:00 Door to Door Refreshments 3:30 Tai Chi Harmony—MC	3 9:00 Morning Conditioning—CR 9:30 Lesson Bundle/Eversound -CR 10:00 Snack —CR 10:30 Grand Bocce Tournament—MC 1:30 Bingo Blast & Drinks—CR 3:00 Refreshments —CR 3:30 Color in Motion—CR	Candy Day 4 9:00 Strength & Wellness w/Clarissa —CR 9:30 Daily Chronicles & Coffee—CR 10:00 Snack—CR 10:00 Panoramic Drive—L 10:30 Bocce Ball Bonanza—MC 1:30 Bingo Bash—CR 3:00 Door to Door Refreshments 3:00 Polish & Clear: Nails & Glasses– CR	5 9:00 Puzzle Quest—TL 9:30 Reflective Journaling— TL 10:00 Snack—CR 10:00 Fellowship Bible Study—CR 10:30 Thanksgiving Word Hunt—CR 1:30 Bingo & Ice Cream—CR 2:30 Netflix Movie & Popcorn: Resident’s Choice—MP 3:00 Snack	Nachos Day 6 9:30 Walk & Talk w/Kat & Penny’s Pawsitive Therapy— CR 10:00 Refreshments —CR 10:00 Art for All Ages—CR 12:00 Pokeno at La Mesa Senior Ctr—L 1:30 Thanksgiving Coloring Sheet—CR 3:00 Snack—CR 3:30 Bingo Mania—CR	7 9:00 Clarissa’s Workout Warrior—CR 9:30 Dear Abby, Words of Wisdom—CR 10:00 Refreshments-CR 10:30 Piecework Puzzle—CR 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Fast Dominoes Tournament —CR	Cappuccino Day 8 9:00 Veterans Day Documentary—TL 10:00 Refreshments —CR 10:30 Bingo Fun—CR 1:00 Green Thumb Time—G 1:30 Wild Eights Card Game—CR 2:30 Netflix Movie & Drinks Daddy’s Home—MP 3:00 Door to Door Refreshments
9 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 10:30 Mega Bingo—CR 1:30 Movie Matinee: Daddy’s Home 2— MP 3:00 Door to Door Refreshments 3:30 Seated Movements—MC	Marine Corps Birthday 10 9:00 Tai Chi Essence—CR 9:30 Fun Packet/Eversound - CR 10:00 Snack —CR 10:30 Super Bingo—CR 1:30 Checkers Deluxe—CR 3:00 Snack—CR 3:00 Veterans Ceremony—CR	Veterans Day 11 9:00 Clarissa’s Fitness Time —CR 9:30 Advice Column—CR 10:00 Snack-CR 10:30 Alzheimer’s Support Group—CR 11:30 Veterans Day Pasta Pronto Lunch 1:30 Music & Dancing w/Raymond—DR 3:00 Door to Door Refreshments 3:00 Nail Glamour & Eye Glass Care– CR	12 9:00 Timeless Hat Vault –TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Thanksgiving Arts & Craft—CR 1:30 Music Presentation by ENCORE—DR 2:30 Netflix Movie & Popcorn: Resident’s Choice—MP 3:00 Door to Door Refreshments	Kindness Day 13 9:30 Kat’s Walking Crew & Tail-Wagging w/Penny — CR 10:00 Refreshments —CR 10:30 Bingo-Rama —CR 1:30 Kitchen Creations/Fruit Kabobs —CR 3:00 Snack—CR 3:30 King Size Checker Game—CR	14 9:00 Power Hour w/Clarissa—CR 9:30 Daily Bulletin & Coffee—CR 10:00 Refreshments-CR 10:30 Mega Beach Ball Kick Fun—CR 1:30 Music Fun w/Anona—DR 3:00 Door to Door Refreshments 3:30 Super Bingo —CR	Drummer Day 15 9:00 Bowling Blast 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 The Lemonade Lounge—CR 2:30 Netflix Movie & Popcorn The Martian—MP 3:00 Door to Door Refreshments
Button Day 16 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 10:30 Bingo Bonanza—CR 1:30 Movie Matinee: The Ice Roads—MP 3:00 Door to Door Refreshments 3:30 Balanced Body Yoga—MC	17 9:00 Physical Movements—CR 9:30 Exploration Packet/Eversound -CR 10:00 Snack —CR 10:30 Domino Duel—CR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Holiday/Draw from the Heart—CR	Princess Day 18 9:00 Power Fitness w/Clarissa —CR 9:30 News Gazette —CR 10:00 Refreshments—CR 10:30 Let’s Get Holiday Crafty—CR 11:30 Lunch Trip—CR 1:30 Bingo Time—CR 3:00 Door to Door Refreshments 3:00 Precision Nail & Lens Care– CR	19 9:00 10 Minute Topic/Residents Choice— TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Bocce Ball Bonanza—CR 1:30 Bingo Delight—CR 2:30 Netflix Movie & Popcorn: Resident’s Choice—MP 3:00 Door to Door Refreshments	Teacher’s Day 20 9:30 Morning Miles w/ Kat & Soothing Session w/Penny— CR 10:00 Refreshments—CR 10:30 Bingo Mania—CR 1:30 Turkey Stuffing Cooking Project w/Cindy—CR 3:00 Snack—CR 3:30 Yahtzee Fun—CR	21 9:00 Fit Blast w/Clarissa —CR 9:30 The Advice Corner/Dear Abby—CR 10:00 Refreshments-CR 10:30 Art & Design Activity—CR 1:30 Bingo Blitz —CR 3:00 Door to Door Refreshments 3:30 Cup Stack Challenge—CR	22 9:00 THANKSGIVING: Dark Legacy of The Pilgrims & Puritans FULL DOCUMENTARY 10:00 Refreshments —CR 10:30 Bingo Fun—CR 1:00 Bloom & Grow—G 1:30 Water Color Wonders—CR 2:30 Netflix Movie & Snacks & Drinks The Children’s Train—MP 3:00 Snack
23 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 10:30 Epic Bingo Game—CR 1:30 Movie Matinee: Coach Carter— MP 3:00 Door to Door Refreshments 3:30 Silver Sneakers Exercise—MC	24 9:00 Seated Strength—CR 9:30 Discovery Packet/Eversound - CR 10:00 Snack —CR 10:30 Lets Get Holiday Crafty—CR 1:30 Mega Bingo —CR 3:00 Snack—CR 3:30 Ultimate Cup Stacking—CR	Family Holiday Feast 25 9:00 Fitness Fusion w/Clarissa —CR 9:30 Abby’s Wisdom—CR 10:00 Snack-CR 10:30 Bingo & Goodies—CR 3:00 Door to Door Refreshments 3:00 Nail & Eye Glass Spa— CR 5:00 Family Thanksgiving Dinner—DR & Entertainment by: The Frank Guy	26 9:00 Chair Traveling—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:30 Resident Council—CR 1:30 Red Carpet Bingo—CR 2:30 Netflix Movie & Popcorn: Resident’s Choice—MP 3:00 Door to Door Refreshments	Thanksgiving Day 27 9:30 Wellness Walk with Kat & Penny’s Pet Moments— CR 10:00 Snack—CR 10:30 Resident Council—CR 10:30 Bingo Time—CR 11:30 Thanksgiving Luncheon—CR 1:30 Funny Money Store—CR 3:00 Refreshments—CR 3:30 UNO Blitz—CR	Black Friday 28 9:00 Clarissa’s Fit & Fun —CR 9:30 Daily Tabloid & Tea—CR 10:00 Refreshments-CR 10:30 Bingo Excitement—CR 1:30 The Singing Circle— TL 3:00 Door to Door Refreshments 3:30 Jumbo Yarn Crochet & Reminiscing—TL	29 9:00 Morning Domino Game—TL 10:00 Refreshments —CR 10:30 Classic Checker Challenge—TL 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR 2:30 Netflix Movie& Popcorn Resident’s Choice—MP 3:00 Door to Door Refreshments
30 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 10:30 Epic Bingo Game—CR 1:30 Movie Matinee: Radio— MP 3:00 Door to Door Refreshments 3:30 Silver Sneakers Exercise—MC						