

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2025 <u>Location Key:</u> L ~ Lobby G~Garden CR ~ Community Room D - Dining Room DRP - Dining Room Patio TL ~ Terrace Lounge MC ~ Memory Care Sungarden Terrace Memory Care Activities Calendar 2045 Skyline Drive Lemon Grove, CA 91945 619-462-5831 <u>Birthday's</u> Elaine R. 11/7 Patricia J. 11/15 Richard T. 11/22 Norma T. 11/23						
Daylight Saving Time Ends 2 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	3 9:00 Soothing Hand Therapy 10:00 Snack 10:30 Chair Fitness 11:00 Happy Hands 1:30 Art for All Ages 2:30 50's Music/Eversound 3:00 Snack 3:30 Hat Box—Tales & Treasures	Candy Day 4 9:00 Spirit Lift: Devotions on Screen 10:00 Refreshments 10:30 Soothing Exercise 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	5 9:00 Daily News & Abby's Advice Corner 10:00 Refreshments 10:30 Gentle Chair Yoga 11:00 Healthy Hands 10:00 Fellowship Bible Study—CR 1:30 Bingo 2:30 Penny's Pawsitive Therapy 3:00 Refreshments	Nachos Day 6 9:00 Early Bird Chat—Where I was Born 10:00 Refreshments 10:30 Fit Blast w/Clarissa 11:00 Happy Hands 1:30 Bocce Ball Tournament 2:30 Fur & Feelings w/Penny 3:00 Snack 3:30 Creative Holiday Coloring Moments	7 9:00 Holiday Trivia Whiz Hour 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Parachute Color Fun	1 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
9 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	Marine Corps Birthday 10 9:00 10 Minute Chat - Dream Vacation 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo Tournament 2:30 Melody & Mindfulness/Eversound 3:00 Refreshments 3:00 Veterans Ceremony—CR 	Veterans Day 11 9:00 News in a Nutshell 10:00 Hydration & Snack 10:30 Alzheimer's Support Group—CR 11:30 Veterans Day Pasta Pronto Lunch 1:30 Holiday Crafting Corner & Drinks 2:30 The Healing Power of Music/Eversound 3:00 Snack 3:30 Arts & Craft Adventures	12 9:00 Thanksgiving Holiday Reminiscing 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Bocce Ball Tournament 2:30 Wellness w/Penny the Therapy Pet 3:00 Snack 3:30 Bingo Adventure	Kindness Day 13 9:00 Ballon Ball Arm Stretch 10:00 Hydration & Snack 10:30 Clarissa's Fit & Fun 11:00 Happy Hands 1:30 Bingo Bonanza 2:30 Cuddle & Care w/Penny 3:00 Snack 3:30 Connecting Dots & Blocks	14 9:00 Heart to Heart with Dear Abby 10:00 Refreshments-CR 10:30 Karaoke & Drinks, Let's Sing Together 11:00 Healthy Hands 1:30 Bingo 2:30 Nail & Eye Glass Spa 3:00 Snack & Chat 3:30 Thanksgiving Group Word Search	Drummer Day 15 9:00 Morning Fitness 10:00 Refreshments 10:30 Ball Toss 11:00 Healthy Hands 1:30 Bingo Jam 3:00 Snack 2:30 Card Game 3:30 Arts & Craft
Button Day 16 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	17 9:00 Remembering Great Movies 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 Challenge	Princess Day 18 9:00 Wild Wonders Show 10:00 Brunch 10:30 Noodle Movement Fun 11:00 Healthy Hands 1:30 Bingo Blast 2:30 Soothing Sounds Therapy/Eversound 3:00 Refreshments 3:30 Parachute Fun Time	19 9:00 Beach Ball Blitz 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Bingo Challenge 2:30 Comfort & Companionship w/Penny 3:00 Snack 3:30 Turkey Doodle & Draw	Teacher's Day 20 9:00 Holiday Story Telling 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	21 9:00 Giggles & Riddles 10:00 Snack 10:30 Bingo Fun & Snacks 11:00 Healthy Hands 1:30 Piano Sing Along w/ Anona 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Bowling Bonanza	22 9:00 Arms in Motion 10:00 Snack 10:30 Trivia Triumph 11:00 Happy Hands 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun
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	23	Family Holiday Feast 25 9:00 Headline Highlights 10:00 Hydration & Snack 10:30 Calm & Stretch Session 11:00 Happy Hands 1:30 Dancing w/ Raymond 2:30 Rhythm & Reflection/Eversound 5:00 Family Thanksgiving Dinner—DR & Entertainment by: The Frank Guy 	26 9:00 Aroma & Audiobooks 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 1:30 Ball Toss Madness 2:30 Paws & Peace w/Penny 3:00 Snack & Relaxing Music 3:30 Bingo Blast	Thanksgiving Day 27 9:00 Poetic Expressions 10:00 Refreshments 10:30 Power Hour w/Clarissa 11:00 Healthy Hands 11:30 Thanksgiving Luncheon 1:30 Articulate with Art 2:30 Tail-Wagging Therapy w/Penny 3:00 Snack 3:30 Sensory Hat Box 	Black Friday 28 9:00 Scented Serenity Session 10:00 Refreshments-CR 10:30 Groove to the Rock & Roll Beat 11:00 Healthy Hands 1:30 Voices in Harmony 2:30 Glam & Shine: Nails & Eye Wear 3:00 Snack & Chat 3:30 Bingo Bingo!	29 9:00 Leg Stretch & Exercise 10:00 Refreshments 10:30 Holiday Word Search 11:00 Healthy Hands 1:30 Bingo Jam 3:00 Snack 2:30 Card Game 3:30 Arts & Craft
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	30					