

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Location Key:</u> <i>L - Lobby</i> <i>CR - Community Room</i> <i>DR - Dining Room</i> <i>G - Garden</i> <i>M - Multi-Purpose</i> <i>TL - Terrace Lounge</i> <i>MC - Memory Care</i> Memory Care Activities Calendar Sungarden Terrace 2045 Skyline Drive Lemon Grove, CA 91945 (619) 464-2273 <u>January Birthdays</u> <i>Helen V. 1/5—Toshiko D. 1/8</i> <i>Frauke B. 1/17—Aiko H. 1/18</i>  January 2026				<i>New Years Day</i> 1 9:00 How It's Made/Morning TV Show 10:00 Hydration & Snack 10:30 Clarissa's Fit & Fun 11:00 Happy Hands 1:30 Happy Bingo Time 2:30 Draw with Me 3:00 Snack 3:30 Dominoes Dots & Blocks 	2 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!	<i>International Mind-Body Wellness Day</i> 3 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
4 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	<i>National Bird Day</i> 5 9:00 Journey from Home 10:00 Hydration & Snack 10:30 51 Old-Time Saying Trivia 11:00 Happy Hands 1:30 Art for All Ages 2:30 Rhythmic Healing Session/Eversound 3:00 Snack 3:30 Sing Along 	6 9:00 Abby's Advice Corner 10:00 Refreshments 10:30 Gentle Chair Yoga 11:00 Healthy Hands 1:30 Bingo 2:30 The Price is Right 3:00 Refreshments 3:30 Story Telling Time	<i>Bobblehead Day</i> 7 9:00 News in a Nutshell 10:00 Hydration & Snack 10:00 Fellowship Bible Study—CR 10:30 Feel Good Moves 11:00 Healthy Hands 1:30 Crafting Corner & Drinks 2:30 The Healing Power of Music/Eversound 3:00 Snack	8 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 Try not to laugh Challenges 3:00 Snack 3:30 Bingo Mania	<i>Law Enforcement Day</i> 9 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!	10 9:00 Book Hour 10:00 Snack 10:30 Gentle Hand Massage 11:00 Happy Hands 1:30 Table Talk 2:30 Music & Ballon Ball 3:00 Snack 3:30 Cup Stack Mania
<i>Clean Your Desk Day</i> 11 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	12 9:00 Remembering Great Inventions 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bocce Ball 2:30 Therapeutic Music /Eversound 3:00 Refreshments 3:30 Bingo	<i>Korean American Day</i> 13 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 2:30 Chair Travel 3:00 Snack 3:30 Word Whiz Spelling Bee	14 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 Pictionary	<i>Bagel Day</i> 15 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 Soft Music w/ Soft Music 3:00 Snack 3:30 Arts & Craft	16 9:00 Stories Time 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 Old Timers Triva	<i>Benjamin Franklin Day</i> 17 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
18 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	<i>Martin L. King Jr. Day</i> 19 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 King In The Wilderness: The Last Years of MLK Jr.'s Life – Full Film Documentary—MP	20 9:00 Aroma Therapy & Poems 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 1:30 Bowling Fun 2:30 Cirque du Soleil 3:00 Snack 3:30 Bingo Blast	<i>Hugging Day</i> 21 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	22 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 Chatty Time 3:00 Snack & Chat 3:30 Bingo	<i>Bingo Extravaganza!</i> 23 9:30 Eyes Down The Story of Bingo 10:00 Snack Time 10:30 Warm-Up Bingo 11:30 Lunch Break 1:00 Back To Bingo 2:00 My Choice Bingo 2:30 Last Round of Bingo 3:00 Prizes and Raffles 	24 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
<i>Irish Coffee Day</i> 25 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 Bucketball	26 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 Trivia	<i>Chocolate Cake Day</i> 27 9:00 Daybreak News 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Test your knowledge 3:00 Snack 3:30 Bingo Adventure	28 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 Number Coloring	<i>Puzzle Day</i> 29 9:00 Poetic Expressions 10:00 Refreshments 10:30 Power Hour w/Clarissa 11:00 Healthy Hands 1:30 Movie Time 2:30 Jigsaw Puzzle 3:00 Snack 3:30 Reminiscing & Soft Music	30 9:00 Did you know? Fact Frenzy 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 Trivia Whiz Hour	<i>Hot Chocolate Day</i> 31 9:00 Book Hour 10:00 Snack 10:30 Parachute Fun & Music 11:00 Happy Hands 1:30 Bingo 2:30 Deal or No Deal 3:00 Snack 3:30 Karaoke