

<h1>Sunday</h1>	<h1>Monday</h1>	<h1>Tuesday</h1>	<h1>Wednesday</h1>	<h1>Thursday</h1>	<h1>Friday</h1>	<h1>Saturday</h1>
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Assisted Living Activities Calendar

Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945
619-464-2273 | License# 37460347

March 2026

Happy St. Patrick's Day

Location Key:
L - Lobby
MP- Multi-Purpose Room
CR - Community Room
DP - Dining Room Patio
D - Dining Room
TL - Terrace Lounge
MC - Memory Care

Activities are subject to change.

Outdoor programs occur if weather permits

March Birthdays
Judith M. 3/17
Kathleen 3/19
Yukiko S. 3/20

<p>1</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service — TL 10:00 Goodies—CR 1:30 Bingo Mania—CR 2:30 Movie Matinee: As Good as It Gets — MP 3:00 Door to Door Refreshments</p>	<p>2</p> <p>9:00 Seated Strength—CR 9:30 Music & Parachute Fun— CR 10:00 Snack —CR 10:30 Super Bingo—CR 1:30 Yahtzee—CR 3:00 Snack—CR 3:30 Fun Packet/Eversound - TL</p>	<p>National Anthem Day 3</p> <p>9:00 Clarissa’s Wellness Workout —CR 9:30 Daily Bulletin—CR 10:00 Snack—CR 10:00 Panoramic Drive—L 1:30 Bingo & Popcorn—CR 3:00 Door to Door Refreshments 3:00 Glam & Shine: Nails & Eye Wear — CR</p>	<p>4</p> <p>9:00 10 Minute Topic/Residents Choice— TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Arts & Craft—CR 1:30 Bingo Fun —CR 2:30 Netflix Movie& Popcorn Sleepless In Seattle—MP 3:00 Door to Door Refreshments</p>	<p>Reel Film Day 5</p> <p>9:15 Mini Stretch Work-out—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments—CR 10:00 Art for All Ages—CR 12:00 Pokeno La Mesa Senior Ctr.—L 3:00 Snack—CR 3:30 Bingo—CR</p>	<p>6</p> <p>9:00 Clarissa’s Fit & Fun —CR 9:30 Daily Tabloid & Tea—CR 10:00 Refreshments—CR 10:30 Bocce Ball Fun—CR 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Yahtzee Fun—TL</p>	<p>Cereal Day 7</p> <p>9:00 Spa Day—TL 10:00 Refreshments —CR 10:30 Bingo—CR 1:00 Bloom & Grow—G 1:30 50’s & 60’s Music Collection —TL 2:30 Netflix Movie South Pacific I—MP 3:00 Door to Door Refreshments</p>
<p>Daylight Saving Time 8</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Mega Bingo—CR 2:30 Movie Matinee: South Pacific II — MP 3:00 Refreshments—CR</p>	<p>Meatball Day 9</p> <p>9:00 Silver Sneakers Exercise—CR 9:30 St. Patrick’s Word Search—CR 10:00 Bites & Coffee —CR 10:30 Bocce Ball—CR 1:30 Bingo Quest —CR 3:00 Refreshments —CR 3:30 Exploration Packet/Eversound —TL</p>	<p>10</p> <p>9:00 Fitness Fusion w/Clarissa —CR 9:30 Abby’s Wisdom—CR 10:00 Lunch Trip—L 10:00 Snack—CR 10:30 Alzheimer’s Support Group—CR 1:30 Dancing & Singing w/Raymond—DR 3:00 Nail & Eye Glass Spa— CR</p>	<p>Plumbing Day 11</p> <p>9:00 Morning Puzzle & Music—TL 10:00 Door to Door Refreshments 10:30 Story Telling —TL 1:30 Bingo & Ice Cream—CR 2:30 Netflix Movie& Popcorn Richer or Poorer—MP 3:00 Door to Door Refreshments</p>	<p>Popcorn Lover’s Day 12</p> <p>9:15 Quick Fit Routine—CR 9:30 Kat’s Walking Club — CR 10:00 Refreshments —CR 10:30 Bingo — CR 1:30 Musical Presentation by ENCORE — CR 3:00 Popcorn & Drinks—TL 3:00 Group Word Search —TL</p>	<p>13</p> <p>9:00 Fit Blast w/Clarissa —CR 9:30 The Advice Corner/Dear Abby—CR 10:00 Refreshments—CR 10:30 Bingo Time—CR 1:30 Sing Along Fun w/Anona—DR 3:00 Door to Door Refreshments 3:30 Card Game —TL</p>	<p>Potato Chip Day 14</p> <p>9:00 Pictionary—CR 10:00 Refreshments —CR 10:30 Carnival Game Fun—CR 1:00 Green Thumb Time—G 1:30 Bingo Blitz—CR 2:30 Netflix Movie & Popcorn Shenandoah—MP 3:00 Door to Door Refreshments</p>
<p>98th Academy Awards 15</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 1:30 Bingo Bonanza—CR 2:30 Movie Matinee: Snow Dogs—MP 3:00 Door to Door Refreshments</p>	<p>9:00 St. Patrick’s YouTube Movie 16</p> <p>The Irish Legend—MP 10:00 Refreshments & Music —CR 10:30 Mega Bingo —CR 1:30 Yahtzee Challenge—CR 3:00 Snack—CR 3:30 Discovery Packet/Eversound - CR</p>	<p>St. Patrick’s Day 17</p> <p>9:00 Strength & Wellness w/Clarissa —CR 9:30 Daily Chronicles —CR 10:00 Snack—CR 11:30 St. Patrick’s Luncheon—DR 1:00 Irish Dancers Performance—DRP 3:00 Door to Door Refreshments 3:00 Polish & Clear: Nails & Glasses— CR</p>	<p>18</p> <p>9:00 Timeless Hat Vault —TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Sharp Shot Bulls Eye—TL 1:30 Bingo & Snacks—CR 2:30 Netflix Movie& Popcorn Same Time Next Year—MP 3:00 Door to Door Refreshments</p>	<p>Certified Nurses Day 19</p> <p>9:15 10-Minute Warm-Up —CR 9:30 Walk & Talk w/Kat — CR 10:00 Refreshments —CR 10:30 Bingo Mania—CR 1:30 Pictionary—TL 3:00 Snack—CR 3:30 Lucky #7 Dice Game & Music—TL</p>	<p>20</p> <p>9:00 Clarissa’s Workout—CR 9:30 Dear Abby, Words of Wisdom—CR 10:00 Refreshments—CR 10:30 Lets Color—CR 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Fast Dominoes Tournament —CR</p>	<p>Flower Day 21</p> <p>9:00 Musical Stretch Exercise—CR 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 Left Right Center Dice Game—CR 2:30 Netflix Movie & Popcorn Cast Away—MP 3:00 Door to Door Refreshments</p>
<p>22</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Epic Bingo Game—CR 2:30 Movie Matinee: Holes— MP 3:00 Door to Door Refreshments</p>	<p>23</p> <p>9:00 Taichi Essence—CR 9:30 Morning Sing Along—CR 10:00 Snack & Jokes—CR 10:30 Bingo Blast—CR 1:30 Lets Get Crafty—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound - CR</p>	<p>24</p> <p>9:00 Power Fitness w/Clarissa —CR 9:30 The Price is Right—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo & Goodies—CR 3:00 Door to Door Refreshments 3:00 Precision Nail & Lens Care— CR</p>	<p>25</p> <p>9:00 Resident Council—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:30 Bingo ! Bingo !—CR 1:30 UNO Card Game —TL 2:30 Netflix Movie& Popcorn West Side Story—MP 3:00 Door to Door Refreshments</p>	<p>Opening Day at Petco Park 26</p> <p>Wear your Padre Jersey Day 9:00 Funny Money Store —CR 9:30 Kat’s Walking Crew — CR 10:00 Refreshments —CR 10:30 Bingo Delight —CR 1:00 Padres Opening Day At PETCO Nachos & Drinks—CR 3:00 Snack—CR 3:30 Jigsaw Puzzle & Music Fun —TL</p>	<p>27</p> <p>9:00 Clarissa’s Low Impact Work-Out—CR 9:30 Chair Travel Resident’s Choice—CR 10:00 Refreshments—CR 10:30 Bingo Excitement—CR 1:30 Card Game #31— TL 3:00 Door to Door Refreshments 3:30 Bucket Ball—TL</p>	<p>Earth Hour 8:30pm—9:30pm 28</p> <p>9:00 Coffee Social & Jazz Music—CR 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 Left Right Center Dice Game—CR 2:30 Netflix Movie & Popcorn Gone with the Wind—MP 3:00 Door to Door Refreshments</p>
<p>29</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Epic Bingo Game—CR 2:30 Movie Matinee: Fields of Dreams— MP 3:00 Door to Door Refreshments</p>	<p>30</p> <p>9:00 Morning Stretch Exercise—CR 9:30 Book Drumming—CR 10:00 Snack & Jokes—CR 10:30 Chair Traveling—CR 1:30 Bingo Blast—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound - CR</p>	<p>31</p> <p>9:00 Fitness Hour w/Clarissa —CR 9:30 Deal or No Deal—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Music Fun w/Peter Seltser—CR 3:00 Door to Door Refreshments</p>				