

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Memory Care Activities Calendar
 Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945
 619-464-2273 | License# 37460347

Happy St. Patrick's Day

March 2026

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 align="center">Pig Day 1</p> <p>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</p>	<p align="center">2</p> <p>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</p> 	<p align="center">National Anthem Day 3</p> <p>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</p>	<p align="center">4</p> <p>9:00 News in a Nutshell 10:00 Hydration & Snack 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 3:30 Flower Arrangements</p>	<p align="center">Reel Film Day 5</p> <p>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</p>	<p align="center">6</p> <p>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!</p> 	<p align="center">Cereal Day 7</p> <p>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</p>
<p align="center">Daylight Saving Time 8</p> <p>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</p> 	<p align="center">Meatball Day 9</p> <p>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</p>	<p align="center">10</p> <p>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</p>	<p align="center">Plumbing Day 11</p> <p>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</p> 	<p align="center">Popcorn Lovers Day 12</p> <p>9:00 Morning News Updates 10:00 Hydration & Snack 10:30 Clarissa's Fit & Fun 11:00 Happy Hands 1:30 Bingo Fun & Popcorn 2:30 Soft Music w/ Soft Music 3:00 Snack 3:30 Arts & Craft</p> 	<p align="center">13</p> <p>9:00 Poem Expressions 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Parachute & Music Fun 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Bingo! Bingo!</p>	<p align="center">Potato Chip Day 14</p> <p>9:00 Book Hour 10:00 Snack 10:30 Chair Traveling—Ireland 11:00 Happy Hands 1:30 Table Talk 2:30 Music & Ballon Ball 3:00 Snack 3:30 Cup Stack Mania</p>
<p align="center">98th Academy Awards 15</p> <p>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</p>	<p align="center">16</p> <p>9:00 Soothing Hand Therapy 10:00 Snack 10:30 Chair Fitness 11:00 Happy Hands 1:30 Bingo-Palooza 2:30 Today in History 3:00 Snack 3:30 Pictionary</p>	<p align="center">St. Patrick's Day 17</p> <p>9:00 Aroma Therapy & Poems 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 11:30 St. Patrick's Luncheon 1:00 Irish Dancers Performance—DRP 3:00 Snack 3:30 Bingo Blast</p> 	<p align="center">18</p> <p>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</p>	<p align="center">Certified Nurses Day 19</p> <p>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</p>	<p align="center">20</p> <p>9:00 Story 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 Trivia</p> 	<p align="center">Flower Day 21</p> <p>9:00 Morning Fitness 10:00 Snack 10:30 Gentle Hand Massage 11:00 Happy Hands 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun</p>
<p>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</p> <p align="center">22</p>	<p>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</p> <p align="center">23</p>	<p>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</p> <p align="center">24</p>	<p>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</p> <p align="center">25</p>	<p align="center">Good Hair Day 26</p> <p>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</p> <p align="center">26</p>	<p>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 Finish the Saying</p> <p align="center">27</p> 	<p align="center">Earth Hour 8:30pm—9:30pm 28</p> <p>9:00 Morning Hymns 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 Book Hour</p> 
<p>9:00 Glamour Break 10:00 Refreshments 10:30 Chair Yoga & Wellness 11:00 Healthy Hands 1:30 Bingo Bonanza 2:45 Garden Stroll 3:00 Refreshments 3:30 Bowling & Ring Toss Fun</p> <p align="center">29</p>	<p>9:00 Daily Chronicles & Dear Abby 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo & Beyond 2:30 Remembering Famous Sayings 3:00 Refreshments 3:30 Jokes, Riddles & Tongue Twisters</p> <p align="center">30</p>	<p>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 Music for the Soul/Eversound 3:00 Snack 3:30 Lucky #7 Roll Off</p> <p align="center">31</p>	<p>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</p> <p align="center">25</p>	<p align="center">Good Hair Day 26</p> <p>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</p> <p align="center">26</p>	<p>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 Finish the Saying</p> <p align="center">27</p> 	<p align="center">Earth Hour 8:30pm—9:30pm 28</p> <p>9:00 Morning Hymns 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 Book Hour</p> 