

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Assisted Living Activities Calendar</b> Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 (619) 464-2273</p> <h1 style="font-size: 4em; color: purple;">April 2026</h1> 						
<p><b>Easter Sunday 5</b></p> <p>9:00 Catholic Mass &amp; Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR <b>11:30 Easter Brunch—DR</b> 1:30 Bingo—CR 2:15 Netflix Movie <b>Peter Rabbit—MP</b></p> 	<p><b>6</b></p> <p>9:00 Morning Stretch Exercise—CR 9:30 Mind Joggers—CR 10:00 Snack &amp; Jokes—CR 10:30 Chair Traveling—CR 1:30 Bingo Blast—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound -CR</p> 	<p><b>Beer Day 7</b></p> <p>9:00 Fitness Hour w/Clarissa —CR 9:30 Eye Glass Cleaning—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo—CR 3:00 Door to Door Refreshments 2:30 Nail Spa —CR</p>	<p><b>April Fools' Day 1</b></p> <p>9:00 Cyber Seniors/Technology Asst.—CR 10:00 Snack—CR 10:30 Bingo —CR <b>1:00 Easter Egg Coloring —CR</b> 3:00 Door to Door Refreshments <b>3:30 YouTube Movie: Easter Under Wraps—CR</b></p> 	<p><b>2</b></p> <p>9:00 Chair Zumba —CR 9:30 Kat's Walking Crew — CR 10:00 Refreshments —CR 10:30 Bocce Ball—CR 12:00 Pokeno at La Mesa Senior Ctr—L 3:00 Snack—CR 3:30 Bingo Delight —CR</p> 	<p><b>Good Friday 3</b></p> <p>9:00 Fitness w/Clarissa —CR 9:30 Dear Abby—CR 10:00 Refreshments—CR 10:30 Bingo—CR 1:00 Easter Egg Hunt—Courtyard 3:00 Door to Door Refreshments 2:30 Netflix Movie <b>A Stoning in Fulham County—MP</b></p>  	<p><b>Librarian Day 4</b></p> <p>9:00 Coffee Social &amp; Jazz Music—CR 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 Hook &amp; Needles Crochet—CR <b>2:30 Netflix Movie &amp; Popcorn Gone with the Wind—MP</b> 3:00 Door to Door Refreshments</p>
<p><b>Scrabble Day 12</b></p> <p>9:00 Catholic Mass &amp; Communion—CR 9:00 Shadow Mountain Service — TL 10:00 Goodies—CR 1:30 Bingo Mania—CR <b>2:30 Movie Matinee: Rooster Cogburn — MP</b> 3:00 Door to Door Refreshments</p>	<p><b>13</b></p> <p>9:00 Tai Chi Essence—CR 9:30 Historic Invention Trivia—CR 10:00 Snack &amp; Jokes—CR 10:30 Bingo Blast—CR 1:30 Let's Get Crafty—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound -CR</p>	<p><b>14</b></p> <p>9:00 Power Fitness w/Clarissa —CR 9:30 Lens Care—CR 10:00 Refreshments—CR 10:00 Lunch Trip—L <b>10:30 Alzheimer's Support Group—CR</b> <b>1:30 Dancing &amp; Singing w/Raymond—DR</b> 3:00 Door to Door Refreshments 2:30 Precision Nail — CR</p>	<p><b>TAX Day 15</b></p> <p>9:00 Mind Joggers—TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Creative Coloring—CR 1:30 Bingo Fun —CR <b>2:30 Netflix Movie &amp; Popcorn Rez Ball—MP</b> 3:00 Door to Door Refreshments</p>	<p><b>16</b></p> <p>9:00 Aroma Therapy &amp; Stretching — CR 9:30 Kat Walk — CR 10:00 Refreshments —CR 10:30 Drummercise—CR 1:30 Bingo—CR 3:00 Snack—CR 3:30 Joyful Singing—TL</p> 	<p><b>17</b></p> <p>9:00 Clarissa's Fit &amp; Fun —CR 9:30 Cyber Seniors/Technology Asst.—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><b>Exercise Day 18</b></p> <p>9:00 Spa Day—TL 10:00 Refreshments —CR 10:30 Bingo—CR <b>1:30 Performance by: "Kai" the Oldies Guy—DR</b> <b>3:00 Netflix Movie The Ridiculous 6—MP</b> 3:00 Door to Door Refreshments</p>
<p><b>19</b></p> <p>9:00 Catholic Mass &amp; Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Mega Bingo—CR <b>2:30 Movie Matinee: Faith in the Flames — MP</b> 3:00 Refreshments—CR</p>	<p><b>Cheddar Fries Day 20</b></p> <p>9:00 Seated Strength—CR 9:30 Coloring Club—CR 10:00 Snack —CR 10:30 Q-Tip Painting—CR 1:30 Bingo Blitz—CR 3:00 Snack—CR 3:30 Fun Packet/Eversound - TL</p> 	<p><b>21</b></p> <p>9:00 Clarissa's Wellness Workout —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Panoramic Drive—L <b>10:30 Empowered Caregivers, an Alzheimer's Assoc. Presentation—CR</b> 1:30 Bingo &amp; Popcorn—CR 3:00 Snack 2:30 Nails &amp; Glasses — CR</p>	<p><b>Earth Day 22</b></p> <p>9:00 Name 5 Things...—TL 9:30 Journal Writing—TL 10:00 Door to Door Refreshments 10:30 Joyful Singing —TL 1:30 Bingo &amp; Ice Cream—CR <b>2:30 Netflix Movie &amp; Popcorn Walk, Ride, Rodeo—MP</b> 3:00 Door to Door Refreshments</p>	<p><b>23</b></p> <p>9:00 Quick Fit Routine—CR 9:30 Kat's Walking Club — CR 10:00 Refreshments —CR 10:30 Word Games/YouTube— CR 1:30 Bingo — CR 3:00 Door to Door Refreshments 3:30 When in Doubt, Dance it Off —TL</p>	<p><b>Arbor Day 24</b></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><b>25</b></p> <p>9:00 Free Hand Drawing—CR 10:00 Refreshments —CR 10:30 Table Ping Pong—CR 1:00 Green Thumb Time—G 1:30 Bingo Blitz—CR <b>2:30 Netflix Movie &amp; Popcorn Gold Rush Gong—MP</b> 3:00 Door to Door Refreshments</p>
<p><b>Pretzel Day 26</b></p> <p>9:00 Catholic Mass &amp; Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 1:30 Bingo Bonanza—CR <b>2:30 Movie Matinee: Like a Father—MP</b> 3:00 Door to Door Refreshments</p>	<p><b>27</b></p> <p>9:00 Morning Stretch—CR 9:30 Group Reading—CR 10:00 Refreshments &amp; Music —CR 10:30 Mega Bingo —CR 1:30 Yahtzee Challenge—CR 3:00 Snack—CR 3:30 Discovery Packet/Eversound - CR</p>	<p><b>28</b></p> <p>9:00 Fitness Fusion w/Clarissa —CR 9:30 Eye Glass Care—CR 10:00 Snack-CR 10:00 Scenic Drive—L 1:30 Bingo &amp; Goodies—CR 2:30 Nail Care — CR</p> 	<p><b>Dance Day 29</b></p> <p>9:00 Historic Events Trivia—TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Creative Coloring—CR 1:30 Bingo Fun —CR <b>2:30 Netflix Movie &amp; Popcorn Firebreak—MP</b> 3:00 Door to Door Refreshments</p>	<p><b>30</b></p> <p>9:00 Mini Stretch Work-out—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments—CR 10:30 Bucketball &amp; Bulls Eye—CR <b>1:30 Cooking Project w/Cindy—DR</b> 3:00 Snack—CR 3:30 Bingo—CR</p>	<p><b>Location Key:</b> L - Lobby MP— Multi-Purpose Room CR - Community Room DRP - Dining Room Patio G - Residents Garden DR - Dining Room TL - Terrace Lounge MC - Memory Care</p> <p><i>Activities are subject to change. Outdoor programs occur if weather permits.</i></p> <p><b>April Birthdays</b> Oscar S. 4/3 Arthur W. 4/28 Jessie W. 4/30</p> 	