

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2026 Memory Care Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 - (619) 464-2273				Location Key: DR - Dining Room LR - Living Room GP - Gazebo Patio CS - Circle Seating AL - Assisted Living TL - Terrace Lounge May Birthdays Gina B. 5/3 Mary Jane 5/9 Chris P. 5/24	May Day 1 9:00 NASCAR INDY-500 10:00 Snack 10:30 Noodle Fitness 11:00 Healthy Hands 1:30 Bocce Ball 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Bowling Bonanza	Comic Book Day 2 9:00 Name that Tune 10:00 Snack 10:30 Stretch & Breathe Yoga 11:00 Happy Hands 1:30 Bingo 2:30 Funny Childhood Stories 3:00 Snack 3:30 Cup Stack Mania
Lemonade Day 3 9:00 Beauty Session 10:00 Refreshments 10:30 Tai Chi Movements 11:00 Healthy Hands 1:30 Let’s Go Bingo 2:45 Team Parachute Fun & Music 3:00 Snack 3:30 Chair Fitness Dance	4 9:00 10 Minute Chat /Favorite Theme Park 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Melody Mindfulness/Eversound 3:00 Refreshments 3:30 Garden Stroll	(CINCO DE MAYO) 5 9:00 Spirit Lift: Devotions on Screen 10:00 Refreshments 10:30 Soothing Exercise 11:00 Happy Hands 11:30 Taco Bar—DR 2:30 Music for the Soul/Eversound 3:00 Snack 3:30 Lucky #7 Roll Off	Nurses Day 6 9:00 Daily News & Abby’s Advice Corner 10:00 Refreshments 10:30 Gentle Chair Yoga 11:00 Healthy Hands 1:30 Bingo 2:30 Afternoon Hymns/Eversound 3:00 Refreshments 3:30 King Me! Checkers	7 9:00 Early Bird Chat—My High School days 10:00 Refreshments 10:30 Fit Blast 11:00 Happy Hands 1:30 Bingo 2:30 Ring Toss & Bowling 3:00 Snack 3:30 Creative Drawing Moments	Red Cross Day 8 9:00 Morning Jokes, Riddles & Laughter 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Art for All Ages— CR 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Parachute Color Fun	9 9:00 Reminiscing Session 10:00 Refreshments 10:30 Morning Fitness 11:00 Healthy Hands 1:30 Bingo Bonanza 2:30 Card Game 3:00 Snack 3:30 Garden Stroll
Mothers Day 10 9:00 Glow-up Moment 10:00 Refreshments 10:30 Relaxed Workout 11:30 Mother’s Day Luncheon—DR 1:30 Bingo Fun Hour 2:45 Dance to your Favorite Tune 3:00 Refreshments 3:30 Trivia	11 9:00 May— This Month in History 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bingo 2:30 Therapeutic Eversound Music 3:00 Refreshments 3:30 Dancing & Hot Potato	12 9:00 How It’s Made TV Show 10:00 Hydration & Snack 10:30 Alzheimer’s Support Group—CR 11:00 Happy Hands 1:30 Bingo 2:30 Healing Power of Music/Eversound 3:00 Snack 3:30 Arts & Craft Adventures	Receptionist Day 13 9:00 Chair Travel/New York City 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Bocce Ball Tournament 2:30 Jazz Music/Eversound 3:00 Snack 3:30 Bingo Adventure	14 9:00 Deal or No Deal 10:00 Hydration & Snack 10:30 Clarissa’s Fit & Fun 11:00 Happy Hands 1:30 Bingo Bonanza 2:30 Basket Ball Hoops 3:00 Snack 3:30 Karaoke to your Favorite Tune	Bike-to-Work Day 15 9:00 Aroma Therapy and Poems 10:00 Refreshments 10:00 Wellness Movements w/Clarissa 11:00 Healthy Hands 1:30 Sing Along w/Anona 2:30 Nail & Eye Glass Spa 3:00 Snack & Chat 3:30 Hymns	16 9:00 Paris Webcam & Trivia 10:00 Snack 10:30 Lower Body Stretch Workout 11:00 Happy Hands 1:30 Bingo 2:30 Balloon Ball 3:00 Snack 3:30 What’s in the Hat Box
17 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	18 9:00 About Laurel & Hardy 10:00 Refreshments 10:30 Bodies in Motion 11:00 Happy Hands 2:30 Mindful Hat Box & Eversound Music 3:00 Snack 3:30 Afternoon Stretch Workout	Plant Something Day 19 9:00 Brain Teasers 10:00 Brunch 10:30 Empowered Caregivers— An Alzheimer’s Assoc. Presentation—CR 10:30 Noodle Movement Fun 2:30 Soothing Sound/Eversound 3:00 Refreshments 3:30 Parachute Fun Time	20 9:00 The Honeymooners & Trivia 9:30 Daily Chronicles 10:30 Get Fit & Exercise 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Aroma Therapy & Poems/Eversound 3:00 Snack 3:30 Balloon Tennis	Meditation Day 21 9:00 What’s in the Hat Box 10:00 Refreshments 10:30 Clarissa’s Workout Time 11:00 Healthy Hands 1:30 Bingo 2:30 Cup Stacking Fun & Music 3:00 Snack & Chat 3:30 Leg Exercise	22 9:00 Giggles, Riddles & Tongue Twisters 10:00 Snack 10:30 Noodle Fitness 11:00 Healthy Hands 1:30 Bingo 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Bowling Bonanza	Turtle Day 23 9:00 Leg Stretch & Exercise 10:00 Refreshments 10:30 Bocce Ball 11:00 Healthy Hands 1:30 Bingo Jam 3:00 Snack 2:30 Water Coloring 3:30 Pictionary
24 9:00 Daily Care Time 10:00 Refreshments 10:30 Silver Sneakers Fitness 11:00 Healthy Hands 1:30 Bingo Bash 3:00 Snack 3:30 Balloon Volleyball Palooza	Memorial Day 25 9:00 Daily Chronicles & Dear Abby 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 11:30 Memorial Day BBQ—DR 1:30 Bingo Challenge 2:30 50”s Rock & Roll Music/Eversound 3:30 Rock & Roll Chair Dancing	26 9:00 Headline Highlights 10:00 Hydration & Snack 10:30 Calm & Stretch Session 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Rhythm & Reflection/Eversound 3:00 Snack 3:30 Sing Along & Chair Dancing	27 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 Balloon Ball 3:00 Snack & Relaxing Music 3:30 Bingo Blast	Burger Day 28 9:00 Poetic Expressions 10:00 Refreshments 10:30 Power Hour w/Clarissa 11:00 Healthy Hands 1:30 Articulate with Art 2:30 Upper Body Stretching Exercise 3:00 Snack Time 3:30 Parachute Fun & Music	29 9:00 Did you know/Brain Games? 10:00 Refreshments-CR 10:30 Move to the Beat 11:00 Healthy Hands 1:30 Voices in Harmony 2:30 Glam & Shine: Nails & Eye Wear 3:00 Snack & Chat 3:30 Bingo	Creativity Day 30 9:00 Paris Webcam & Trivia 10:00 Snack 10:30 Stretch Workout 11:00 Happy Hands 1:30 Bingo 2:30 Flower Arrangements 3:00 Snack 3:30 Scattergories
31 9:00 Morning Hymns 10:00 Refreshments 10:30 Silver Sneakers Fitness 11:00 Healthy Hands 1:30 Bingo Bash 3:00 Snack 3:30 Story Telling						