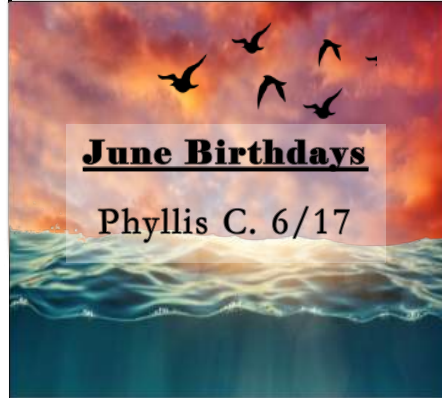



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>June Birthdays Phyllis C. 6/17</p>	<p>1</p> <p>9:00 Seated Strength—CR 9:30 Discovery Packet/Eversound - CR 10:00 Snack —CR 10:30 Lets Get Crafty—CR 1:30 Mega Bingo —CR 3:00 Snack—CR 3:30 Ultimate Cup Stacking—TL</p>	<p>Rocky Road Day 2</p> <p>9:00 Clarissa’s Wellness Workout —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Panoramic Drive—L 1:30 Bingo & Popcorn—CR 2:30 Glam Nails – CR 3:00 Snack—CR</p>	<p>3</p> <p>9:00 10 Minute Topic – TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 Bingo Fun —CR 1:30 Yahtzee —CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments</p>	<p>Cheese Day 4</p> <p>9:00 Stretch Warm-up—CR 9:30 Morning Kat Walk—CR 10:00 Radiant Café & Conversation—CR 10:30 Line Hockey —CR 12:00 Pokeno at La Mesa Senior Ctr —L 1:30 Bingo Time —CR 3:00 Door to Door Refreshments 3:30 UNO Blitz—CR</p>	<p>5</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 The Singing Circle—TL</p>	<p>Yo-Yo Day 6</p> <p>9:00 Seated Serenity Yoga—CR 10:00 Refreshments —CR 10:30 Arts & Craft—CR 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR 2:30 Film Time & Popcorn —MP 3:00 Door to Door Refreshments</p>
	<p>7</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – TL 10:00 Snack—CR 1:30 Bingo—MC 2:30 Movie Matinee: — MP 3:00 Door to Door Refreshments</p>	<p>Best Friend Day 8</p> <p>9:00 Physical Movements—CR 9:30 Exploration Packet/Eversound -CR 10:00 Snack —CR 10:30 Domino Duel—CR 1:30 Bingo Blitz—CR 3:00 Refreshments —CR 3:30 Draw from the Heart—TL</p>	<p>9</p> <p>9:00 Fitness Fusion w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Scenic Drive 10:00 Snack-CR 10:30 Alzheimer’s Support Group—CR 1:30 Singing w/Raymond—DR 2:30 Nail Spa— CR 3:00 Refreshments—CR</p>	<p>Ice Tea Day 10</p> <p>9:00 Morning Hymns—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:30 Bingo ! Bingo !—CR 1:30 UNO Card Game —TL 2:30 Cinema Time & Popcorn—MP 3:00 Door to Door Refreshments</p>	<p>11</p> <p>9:15 Mini Stretch Work-out—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments—CR 10:30 Bingo Fun—CR 2:00 Fraud Prevention Presentation—CR Presented by: AARP 3:00 Snack—CR 3:30 Yahtzee Fun—TL</p>	<p>Peace Day 12</p> <p>9:00 Fit Blast w/Clarissa —CR 9:30 The Advice Corner/Dear Abby—CR 10:00 Refreshments-CR 10:30 Bingo —CR 1:30 Sing Along Fun w/Anona—DR 3:00 Door to Door Refreshments 3:30 Card Game #31—TL</p>
<p>Flag Day 14</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: —MP 3:00 Door to Door Refreshments</p>	<p>15</p> <p>9:00 Silver Sneakers Exercise—CR 9:30 Chair Travel & Trivia—CR 10:00 Snack—CR 10:30 Yahtzee Fun—CR 1:30 Bingo Challenge—CR 3:00 Refreshments —CR 3:30 Card Game POKER —TL</p>	<p>16</p> <p>9:00 Strength & Wellness w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack—CR 10:30 Bingo Bash—CR 1:30 Music Fun w/Peter Seltser—DR 2:30 Polish & Clear Nails – CR 3:00 Snack Time—CR</p>	<p>Mascot Day 17</p> <p>9:00 Timeless Hat Vault —TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Lunch Trip —L 1:30 Bingo & Snacks—CR 2:30 Movie Hour & Popcorn —MP 3:00 Door to Door Refreshments</p>	<p>18</p> <p>9:15 Quick Fit Routine—CR 9:30 Kat’s Walking Club — CR 10:00 Refreshments —CR 10:30 Spin the Bottle— TL 1:30 Bingo Game — CR 3:00 Snack—CR 3:30 Hand Pong</p>	<p>Juneteenth 19</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 3:00 Juneteenth Documentary —MP</p>	<p>20</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 Movie Hour & Snack—MP 3:00 Door to Door Refreshments</p>
<p>Happy Father’s Day 21</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 11:30 Father’s Day Luncheon —DR 1:30 Bingo —CR 2:30 Movie Matinee:—MP 3:00 Door to Door Refreshments</p>	<p>Onion Ring Day 22</p> <p>9:00 Tai Chi Essence—CR 9:30 Fun Packet/Eversound - CR 10:00 Snack —CR 10:30 Bocce Ball—CR 1:30 Super Bingo—CR 3:00 Snack—CR 3:30 Connect Four & Win—TL</p>	<p>23</p> <p>9:00 Power Fitness w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 10:30 Empowered Caregivers— The Alzheimer’s Assoc. Presentation—CR 1:30 Bingo & Goodies—CR 2:30 Precision Nails & Snack—CR</p>	<p>24</p> <p>9:00 Funny Money Store—CR 9:30 Resident Council —CR 10:00 Door to Door Refreshments 10:30 Sing Along w/Susie Q. YouTube—CR 1:30 Bingo & Ice Cream—CR 2:30 Film Time & Popcorn —MP 3:00 Door to Door Refreshments</p>	<p>Korean War Day 25</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 Musical Presentation by: ENCORE—CR 3:00 Snack—CR 3:30 Lucky #7 Dice Game & Music—TL</p>	<p>26</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 Dominoes— TL 3:00 Door to Door Refreshments 3:30 Bucket Ball Bowling Fun—TL</p>	<p>National Bingo Day 27</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 Flick Time & Popcorn —MP 3:00 Door to Door Refreshments</p>
<p>28</p> <p>9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – TL 10:00 Snack—CR 1:30 Bingo Mania—CR 2:30 Movie Matinee: — MP 3:00 Door to Door Refreshments</p>	<p>Fisherman Day 29</p> <p>9:00 Noodle Exercise—CR 9:30 Group Activity Packet/Eversound - CR 10:00 Snack —CR 10:30 Black Jack – CR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Card Game #31 & Lemonade—TL</p>	<p>30</p> <p>9:00 Fitness w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo —CR 2:30 Nail Care— CR 3:00 Snack Time—CR</p>	 <p>June 2026</p> <p>Assisted Living Activities Calendar Sungarden Terrace 2045 Skyline Drive Lemon Grove, CA.91945 - (619) 464-2273</p>			<p>Location Key: CR - Community Room MP - Multi Purpose Room DP - Dining Room Patio TL - Terrace Lounge 2nd FL D - Dining Room MC - Memory Care L - Lobby</p> <p><i>Activities are subject to change. Outdoor programs occur if weather permits</i></p>