




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>June Birthdays Phyllis C. 6/17</p>	<p>1</p> <p>9:00 Journey from Home 10:00 Hydration & Snack 10:30 Morning Stretch 11:00 Happy Hands 1:30 Garden Walk 2:30 Rhythmic Healing Session/Eversound 3:00 Snack 3:30 Sing Along</p>	<p>Rocky Road Day 2</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>3</p> <p>9:00 51 Old-Time Saying Trivia 10:00 Hydration & Snack 10:30 Feel Good Moves 11:00 Healthy Hands 1:30 Crafting Corner 2:30 The Healing Power of Music Eversound 3:00 Snack 3:30 Flower Arrangements</p>	<p>Cheese Day 4</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 5 Things Scattergories 3:00 Snack 3:30 Bingo Mania</p>	<p>5</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>Yo-Yo Day 6</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 3:30 Bingo Time</p>
<p>7</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>Best Friend Day 8</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>9</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>Ice Tea Day 10</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>11</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 2:30 Soft Music w/ Susie Q. 3:00 Snack 3:30 Arts & Craft</p>	<p>Peace Day 12</p> <p>9:00 Trivia Whiz Hour 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Parachute Color Fun 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Bingo! Bingo!</p>	<p>13</p> <p>9:00 Book Hour 10:00 Snack 10:30 Gentle Hand Massage 11:00 Happy Hands 1:30 Table Talk 2:30 Music & Ballon Ball 3:00 Snack 3:30 Cup Stack Mania</p>
<p>Flag Day 14</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>15</p> <p>9:00 Soothing Hand Massage 10:00 Snack 10:30 Chair Fitness 11:00 Happy Hands 1:30 Bingo-Palooza 2:30 Calypso Music/Eversound 3:30 Garden Walk</p>	<p>16</p> <p>9:00 Aroma Therapy & Poems 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 1:30 Bowling Fun 2:30 Cirque du Soleil 3:00 Snack 3:30 Bingo Blast</p>	<p>Mascot Day 17</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>18</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>Juneteenth 19</p> <p>9:00 Stories Time 10:00 Snack 10:30 Bingo Fun & Snacks 11:00 Healthy Hands 1:30 Sing Along w/Anona 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Old Timers Triva</p>	<p>20</p> <p>9:00 Morning Fitness 10:00 Snack 10:30 Flower Arrangements 11:00 Happy Hands 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun</p>
 <p>Happy Father's Day 21</p> <p>9:00 Glamour Break 10:00 Refreshments 10:30 Chair Yoga & Wellness 11:30 Father's Day Luncheon—DR 1:30 Bingo Bonanza 2:45 Team Parachute Time 3:00 Refreshments 3:30 Bucketball</p>	<p>Onion Ring Day 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>23</p> <p>9:00 Day Break News 10:00 Refreshments 10:30 Empowered Caregivers—The Alzheimer's Assoc. Presentation—CR 10:30 Sit, Stretch & Soothe Exercise 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Reminiscing 3:00 Snack 3:30 Bingo Adventure</p>	<p>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>Korean War Day 25</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 Parachute Fun & Music</p>	<p>26</p> <p>9:00 Hat Box Treasures 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 Story Time</p>	<p>National Bingo Day 27</p> <p>9:00 Fun & Games: Jokes & Riddles 10:00 Refreshments 10:30 The Great Word Search 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Card Game 3:00 Snack 3:30 Arts & Craft</p>
<p>28</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>Fisherman Day 29</p> <p>9:00 The I Love Lucy Show Trivia 10:00 Refreshments 10:30 Bodies in Motion 11:00 Happy Hands 1:30 Group Word Search 2:30 Mindful Hat Box & Eversound Music 3:00 Snack 3:30 Afternoon Stretch Workout</p>	<p>30</p> <p>9:00 World of Wonders 10:00 Hydration & Snack 10:30 Seated Yoga 11:00 Happy Hands 1:30 Bingo 2:30 Healing Power of Music/Eversound 3:00 Snack 3:30 Arts & Craft Adventures</p>	 <p>June 2026</p> <p>Memory Care 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>