

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August2026 Memory Care Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 - (619) 464-2273 August Birthday's Brendan H. 8/2 Shirley E. 8/3 George N. 8/13 Cheryl R. 8/21 Joanne Z. 8/27					Location Key: CR - Community Room MC - Memory Care DR - Dining Room DRP - Dining Room Patio L - Lobby TL—Terrace Lounge Activities are subject to change. Outdoor programs occur if weather permits 	Sunflower Day1 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 Eye Glass Cleaning 3:00 Snack 3:30 Bingo Time
Friendship Day2 9:00 Glow-up Moment 10:00 Refreshments 10:30 Relaxed Workout 11:00 Healthy Hands 1:30 Bingo Fun Hour 2:45 Dominoes 3:00 Refreshments 3:30 Bodies in Motion	3 9:00 Eye Glass Cleaning 10:00 Hydration & Snack 10:30 Morning Stretch 11:00 Happy Hands 1:30 Garden Walk 2:30 Eye Glass Cleaning 3:00 Snack 3:30 Sing Along	Assistance Dog Day4 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 	5 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 	Sailor Moon Day6 9:00 Early Bird Chat 10:00 Refreshments 10:30 Fit Blast w/Clarissa 11:00 Happy Hands 1:30 Bingo 2:30 5 Things Brain Game 3:00 Snack 3:30 UNO Card Game	7 9:00 Story Session 10:00 Refreshments-CR 10:30 Shake, Rattle & Roll to 50's Music 11:00 Healthy Hands 1:30 Bingo Bonanza 2:30 Nail Spa 3:00 Snack & Chat 3:30 Let's Sing Together! Karaoke & Drinks	Let's Luau!!8 9:00 Oahu - The Heart and Soul of Hawaii YouTube Documentary —MP 10:00 Snack—CR 11:45 Island Buffet—DR 1:00 Luau Polynesian Dancers -DRP 3:00 Netflix Movie & Popcorn Finding Ohana—MP 3:00 Door to Door Refreshments 
9 9:00 Daily Care Time 10:00 Refreshments 10:30 Silver Sneakers Fitness 11:00 Healthy Hands 1:30 Bingo Blitz 2:45 Relaxing Music & Coloring 3:00 Snack 3:30 Balloon Volleyball Palooza	Victory Day10 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 	11 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 & Snack 3:30 Word Whiz Spelling Bee	Vinyl Record Day12 9:00 Today In History & Trivia 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	13 9:00 Dear Abby—Words of Wisdom 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./YouTube 3:00 Snack 3:30 Arts & Craft 	Creamsicle Day14 9:00 Trivia Whiz Hour 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Creamsicles Social & Parachute Fun 2:30 Precision Nail Care 3:00 Snack	15 9:00 Book Hour 10:00 Snack 10:30 Gentle Hand Massage 11:00 Happy Hands 1:30 Table Talk 2:30 Eye Glass Cleaning 3:00 Snack 3:30 Cup Stack Mania
Tell a Joke Day16 9:00 Beauty Session 10:00 Refreshments 10:30 Tai Chi Movements 11:00 Healthy Hands 1:30 Let's Go Bingo 2:45 Jokes & Riddles 3:00 Snack 3:30 Chair Fitness Dance	17 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 	Bad Poetry Day18 9:00 Day Break News 10:00 Refreshments 10:30 Sit, Stretch & Soothe Exercise 10:30 Alzheimer's Assoc. Presentation: Empowered Caregivers—CR 11:00 Happy Hands 2:30 Reminiscing 3:00 Snack & Bingo Adventure	19 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	Radio Day20 9:00 Devotions 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	21 9:00 Balloon Racquetball 10:00 Snack 10:30 Bingo Fun & Snacks 11:00 Healthy Hands 1:30 Sing Along w/Anona 2:30 Polish & Clear: Nails Care 3:00 Refreshments 3:30 Old Timers Triva 	Be an Angel Day22 9:00 Morning Fitness 10:00 Snack 10:30 Flower Arrangements 11:00 Happy Hands 1:30 Watercolor Art 2:30 Eye Glass Cleaning 3:00 Snack 3:30 Afternoon Bingo Fun
23 9:00 Glamour Break 10:00 Refreshments 10:30 Chair Yoga & Wellness 1:30 Bingo Bonanza 2:45 Team Parachute Time 3:00 Refreshments 3:30 Bucketball	24 9:00 Tales & Treasures 10:00 Refreshments 10:30 Move & Groove Fitness 1:30 Bingo & Beyond 2:30 Melody & Mindfulness/Eversound 3:00 Refreshments 3:30 Trivia	25 9:00 Aroma Therapy & Poems 10:00 Refreshments 10:30 Active Living with Silver Sneakers 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Ringling Bros. & Barnum & Bailey Circus— YouTube 3:00 Snack 3:30 Bingo Blast 	Banana Split Day26 9:00 Wild Wonders Show 10:00 Brunch 10:30 Noodle Movement Fun 11:00 Healthy Hands 1:30 Banana Split Social 2:30 Soothing Sounds Therapy/Eversound 3:00 Refreshments 3:30 Number Coloring	27 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 	Lemon Juice Day28 9:00 Hat Box Treasures 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo & Lemonade Social 2:30 Precision Nail Care 3:00 Snack 3:30 Story Time	29 9:00 Move with the Music 10:00 Refreshments 10:30 Group Word Search 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Eye Glass Cleaning 3:00 Snack 3:30 Arts & Craft