

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Assisted Living Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 - (619) 464-2273 July Birthdays Emilio G. 7/26 Carolyn D. 7/27			Postal Worker Day1 9:00 Morning Hymn Singing—TL 9:30 Journal Writing—TL 10:00 Snack—CR 10:30 Bingo—CR 1:30 Water Coloring—TL 2:30 Movie Time & Popcorn—MP 3:00 Door to Door Refreshments	2 9:00 Checkers Tournament—TL 10:00 Refreshments—CR 10:30 Bingo—TL 12:00 Pokeno at La Mesa Senior Ctr —L 1:30 Arts & Craft—CR 3:00 Snack—CR 3:30 Maze Puzzle Sheets —TL	9:00 July 4th Walker & Wheelchair Decoration —DRP 10:00 Refreshments-CR 11:30 4th of July BBQ—DRP 12:45 Walker & Wheelchair Parade—DRP 3:00 Door to Door Refreshments 3:30 Patriotic Sing Along—TL	Independence Day4 9:00 Morning Yoga—CR 10:00 Refreshments —CR 10:30 Bingo —CR 1:30 4th of July Word Search—CR 2:30 Patriotic Sing Along & Ice Cream—TL 3:00 Door to Door Refreshments 3:30 Movie Time 1776—MP
Graham Cracker Day5 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – MP 10:00 Snack—CR 10:30 Bingo Bonanza—CR 1:30 Jigsaw Puzzle—TL 2:30 Cinema Time— MP 3:00 Door to Door Refreshments	6 9:00 Silver Sneakers Exercise—CR 9:30 Fun Packet—CR 10:00 Snack—CR 10:00 Art for All Ages—CR 1:30 Bingo & Popcorn —CR 3:00 Refreshments —CR 3:30 Yahtzee —TL	Rock & Roll Day7 9:00 Power 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 Door to Door Refreshments	8 9:00 Morning Trivia—TL 9:30 Fun Journal Writing—TL 10:00 Snack—CR 10:30 Bingo—CR 1:30 Group Coloring and Drinks—TL 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	Sugar Cookie Day9 9:00 Quick Fit Routine—CR 9:30 Kat’s Walking Club — CR 10:00 Snack—CR 10:30 Bingo—CR 1:00 Sugar Cookie Social—CR 1:30 Bingo—CR 3:00 Refreshments—CR 3:30 UNO Card Game—TL	10 9:00 Fitness w/Clarissa —CR 9:30 Hat Box Wonder—CR 10:00 Door to Door Refreshments 10:30 Bingo—CR 1:30 Sing Along w/Anona—DR 3:00 Door to Door Refreshments 3:30 Relaxing YOGA —TL	7-Eleven Day11 9:00 Morning Drummercise—CR 10:00 Refreshments —CR 10:30 Arts & Craft —CR 1:00 Bloom & Grow—G 1:30 Lemonade Social—TL 2:30 Film Time & Popcorn—MP 3:00 Door to Door Refreshments
12 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Blitz—CR 1:30 Coloring Sheet—TL 2:30 Movie Time—MP 3:00 Door to Door Refreshments	French Fry Day13 9:00 Noodle Exercise—CR 9:30 Discovery Activity Packet—CR 10:00 Snack —CR 10:30 Rock Painting—CR 1:00 French Fry Cup Social—CR 1:30 Bingo—CR 3:00 Refreshments —CR 3:30 Dominoes & Drinks—TL	14 9:00 Strength & Wellness w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:30 Alzheimer’s Support Group—CR 11:00 Lunch Outing—L 1:30 Dancing w/Raymond— DR 2:30 Precision Nails—CR 3:00 Door to Door Refreshments	Love Horses Day15 9:00 Scribble Drawing– TL 9:30 Journal Writing & Poem Reading— TL 10:00 Snack—CR 10:30 Table Hockey—CR 1:30 Bingo—CR 2:30 Movie Hour & Popcorn—MP 3:00 Door to Door Refreshments	16 9:00 Mini Stretch Workout—CR 9:30 Walking Fun w/Kat — CR 10:00 Refreshments—CR 10:30 Bingo—CR 1:30 Presentation By: Silver Steppers—DRP 3:00 Snack—CR 3:30 Card Game Resident’s Choice—TL	Lottery Day17 9:00 Clarissa’s Workout Time—CR 9:30 Daily Chronicles—CR 10:00 Refreshments-CR 10:30 Lucky #7 Dice Game Tournament—CR 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Yahtzee—TL	18 9:00 Musical Stretch Exercise—CR 10:00 Refreshments —CR 10:30 Arts & Craft—CR 1:00 Gardening—G 1:30 Bingo Blitz—TL 2:30 Movie Hour & Snack—MP 3:00 Door to Door Refreshments
Ice Cream Day19 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Word Search—TL 1:00 Ice Cream Social—CR 1:30 Bingo Time—CR 2:30 Sunday Movie —MP 3:00 Door to Door Refreshments	20 9:00 Tai Chi Exercise—CR 9:30 Exploration Activity Packet—CR 10:00 Snack —CR 10:30 Aroma Therapy & Relaxing Music—CR 1:30 Bingo—CR 3:00 Snack—CR 3:30 Bulls Eye—TL	Hammock Day21 9:00 Fitness Fusion w/Clarissa —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Scenic Drive—L 10:30 Empowered Caregivers— Alzheimer’s Assoc. Presentation—CR 1:30 Bingo Fun—CR 2:30 Polish & Clear Nails—CR	22 9:00 Think Quick Memory Game - TL 9:30 Journal Writing— TL 10:00 Snack—CR 10:30 Balloon Tennis —CR 1:30 Bingo & Ice Cream—CR 2:30 Cinema Time & Popcorn—MP 3:00 Door to Door Refreshments	Gorgeous Grandma Day23 9:00 10-Minute Warm up—CR 9:30 Morning Miles w/Kat — CR 10:00 Refreshments —CR 10:30 Bingo—CR 1:30 Gospel Music w/Steve & Diane—DR 3:00 Snack—CR 3:30 Word Scramble—TL	Double Bingo Day24 9:00 Fit Blast w/Clarissa —CR 9:30 Today In History—CR 10:00 Refreshments-CR 10:30 Bingo—CR 1:30 Karaoke Fun—CR 3:00 Door to Door Refreshments 3:30 Bingo—CR	25 9:00 Tai Chi—CR 9:30 Arts & Craft—CR 10:00 Refreshments —CR 1:00 2024 Gardening Tour Video—TL 1:30 Bingo & Drinks—CR 2:30 Flick Time & Popcorn—MP 3:00 Door to Door Refreshments
26 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Fun—CR 1:30 Jigsaw Puzzle Fun —CR 2:30 Movie Matinee —MP 3:00 Door to Door Refreshments	Love is Kind Day27 9:00 Noodle Exercise—CR 9:30 Group Activity Packet—CR 10:00 Snack —CR 10:30 Bingo—CR 1:30 Singing Circle—TL 3:00 Refreshments —CR 3:30 Card Game #31 & Drinks—TL	28 9:00 Clarissa’s Workout —CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Scenic Drive—L 1:30 Bingo—CR 2:30 Nail Care— CR 3:00 Door to Door Refreshments	Lasagna Day29 9:00 Matching Game —TL 9:30 Journal Writing - TL 10:00 Snack—CR 10:30 Resident Council—TL 1:30 Celebrity Bingo—CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	30 9:00 Stretch & Warm up — CR 9:30 Morning Kat Walk—CR 10:00 Refreshments —CR 10:30 Funny Money Store—CR 1:30 Cooking Project w/Cindy—DR 3:00 Snack—CR 3:30 Bingo—CR	Avocado Day31 9:00 Clarissa’s Fit Fun —CR 9:30 Fun Facts—CR 10:00 Refreshments-CR 10:30 Bocce Ball Fun—CR 1:00 Avocado Dip & Chips Social—CR 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Yahtzee —TL	Location Key: CR - Community Room MP - Multi Purpose Room DRP - Dining Room Patio TL - Terrace Lounge DR - Dining Room MC - Memory Care L - Lobby Activities are subject to change. Outdoor programs occur if weather permits