

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <u>July Birthdays</u> Emilio G. 7/26 Carolyn D. 7/27	 July 2026 Memory Care Activities Calendar Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 - (619) 464-2273		<u>Postal Worker Day</u> 1 9:00 Daily Headlines 10:00 Hydration & Snack 10:30 Sit-N-Stretch 11:00 Healthy Hands 1:30 Bingo 2:30 Music Therapy/Eversound 3:00 Snack 3:30 Bulls Eye	2 9:00 Ball Catch 10:00 Snack Time 10:30 Fitness w/Clarissa 11:00 Healthy Hands 1:30 Bingo 2:30 Group Word Search 3:00 Snack 3:30 Finish the Saying	 3 9:00 4th of July Walker & Wheelchair Decoration — DRP 10:00 Refreshments-CR 11:30 4th of July BBQ 12:45 Walker & Wheelchair Parade 2:30 Nail Care & Eye Glass Cleaning 3:00 Snack & Chat 3:30 Bingo	<u>Independence Day</u> 4  9:00 Jokes & Riddles 10:00 Refreshments 10:30 4th of July Word Search 11:00 Healthy Hands 1:30 Bingo 2:30 Patriotic Sing Along & Ice Cream 3:00 Snack
<u>Graham Cracker Day</u> 5 9:00 Glamour Hour 10:00 Refreshments 10:30 Balloon Tennis 11:00 Healthy Hands 1:30 Bingo Fun 2:45 Dominoes 3:00 Refreshments 3:30 Water Coloring	6 9:00 Daily Chronicles & Dear Abby 10:00 Snack 10:30 Chair Zumba Exercise 11:00 Happy Hands 1:30 Art for All Ages 2:30 Music Therapy/Eversound 3:00 Snack 3:30 Hat Box	<u>Rock & Roll Day</u> 7 9:00 Audio Book & Aroma Therapy 10:00 Refreshments 10:30 Silver Sneakers Exercise 11:00 Happy Hands 1:30 Basket Ball Hoop & Lemonade 2:30 Pictionary 3:00 Snack & Relaxing Music 3:30 Bingo	8 9:00 Flower Arrangements 10:00 Refreshments 10:30 Move to the Music/Exercise 11:00 Healthy Hands 1:30 Bingo Time 2:30 Music Therapy/Eversound 3:00 Snack 3:30 Brain Benders State Capitals	<u>Sugar Cookie Day</u> 9 9:00 Poem Reading 10:00 Refreshments 10:30 Fitness w/Clarissa 11:00 Healthy Hands 1:30 Arts & Craft & Drinks 2:30 Sugar Cookie Social 3:00 Snack 3:30 Summer	10 9:00 Bean Bag Toss 10:00 Snack 10:30 Bocce Ball 11:00 Healthy Hands 1:30 Bingo 2:30 Nail Care & Eye Glass Cleaning 3:00 Refreshments 3:30 Lucky #7 Dice Game	<u>7-Eleven Day</u> 11  9:00 Morning Chair Exercise 10:00 Snack 10:30 Reminiscing School Days 11:00 Happy Hands 1:30 Q-Tip Painting 2:30 Balance Fitness 3:00 Snack 3:30 Bingo
12 9:00 Daily Care Time 10:00 Refreshments 10:30 Sing Along w/Sussie Q—YouTube 11:00 Healthy Hands 1:30 Let’s Go BINGO 2:45 Lucky # 7 Dice Game 3:00 Snack 3:30 Chair Dancing	<u>French Fry Day</u> 13 9:00 Brain Game Animal A-Z 10:00 Refreshments 10:30 Noodle Exercise 11:00 Happy Hands 1:30 French Fry Cup Social 2:30 Sensory Hat Box 3:00 Snack 3:30 Scrabble & Words w/Friends	14 9:00 10-Minute Topic 10:00 Refreshments 10:30 Sit & Stretch 10:30 Alzheimer’s Support Group—CR 1:30 Helping Hands/Clothes Folding 2:30 Hangman 3:00 Snack 3:30 Flower Arrangements	<u>Love Horses Day</u> 15 9:00 Spiritual Hymns 10:00 Brunch 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bingo Blitz 2: 30 Music Therapy/Eversound 3:00 Refreshments 3:30 Parachute Fun	16 9:00 Dear Abby 10:00 Snack & Hydration 10:30 Fitness w/Clarissa 11:00 Healthy Hands 1:30 Karaoke 2:30 Scattergories 3:00 Snack & Chat 3:30 Bingo	<u>Lottery Day</u> 17 9:00 Book Reading 10:00 Refreshments 10:30 Move & Grove Exercise 11:00 Healthy Hands 1:30 Sing Along w/Anona 2:30 Nail Care & Eye Glass Cleaning 3:00 Refreshments 3:30 Brain Benders: Idioms	18 9:00 50’s Trivia 10:00 Snack 10:30 Hand Massage 11:00 Happy Hands 1:30 Table Talk 2:30 Chair Yoga 3:00 Snack 3:30 Bowling
<u>Ice Cream Day</u> 19 9:00 Beauty Hour 10:00 Refreshments 10:30 Gospel Music 11:00 Healthy Hands 1:30 Bingo Blitz & Ice Cream 2:45 Relaxing Music & Coloring 3:00 Snack 3:30 Balloon Volleyball	20 9:00 Arm Chair Travel Europe 10:00 Hydration & Snack 10:30 Chair Exercise 11:00 Happy Hands 1:30 Bingo 2:30 Music Therapy/Eversound 3:00 Snack 3:30 Noodle Ball	21 9:00 Fold Them Up 10:00 Refreshments 10:30 Chair Work Out 10:30 Empowered Caregivers—Alzheimer’s Assoc. Presentation—CR 11:00 Happy Hands 1:30 Bingo 3:00 Snack 2:30 Singing Circle 3:30 Joy In Motion	22 9:00 Audio Book Story 10:00 Refreshments 10:30 Exercise 11:00 Happy Hands 1:30 Bingo Bonanza 2:30 Music Therapy /Eversound 3:00 Snack 3:30 Chair Dancing to 60’s Music	<u>Gorgeous Grandma Day</u> 23 9:00 Spa Day 10:00 Refreshments 10:30 Fitness w/Clarissa 11:00 Happy Hands 1:30 Bingo 2:30 Matching Game 3:00 Snack 3:30 Coloring for Relaxation	24 9:00 Devotions on YouTube 10:00 Refreshments 10:30 Chair Exercise 11:00 Healthy Hands 1:30 Bocce Ball 2:30 Nail Care & Eye Glass Cleaning 3:00 Snack 3:30 Bulls Eye	25 9:00 Morning Stretch Exercise 10:00 Snack 10:30 Music & Jigsaw Puzzle 11:00 Happy Hands 1:30 Color by Number 2:30 Upper Body Stretching 3:00 Snack 3:30 Bingo
26 9:00 Glamour Break 10:00 Refreshments 10:30 Today in History & Dear Abby 11:00 Healthy Hands 1:30 Bingo Bash 2:45 Parachute Fun 3:00 Refreshments 3:30 Sensory Hat Box	<u>Love is Kind Day</u> 27 9:00 Story Time 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bocce Ball 2:30 Music Therapy/Eversound 3:00 Refreshments 3:30 Bingo	28 9:00 Lets Color 10:00 Brunch 10:30 Chair Yoga 11:00 Healthy Hands 1:30 Music Fun w/Raymond 2:30 Jokes, Riddles & Tongue Twisters 3:00 Refreshments 3:30 Pictionary	<u>Lasagna Day</u> 29 9:00 Daily News 10:00 Hydration & Snack 10:30 Sit-N-Stretch 11:00 Healthy Hands 1:30 Bingo Mania 2:30 Music Therapy/Eversound 3:00 Snack 3:30 Hat Box Wonders	30 9:00 Morning Sing Along 10:00 Hydration & Snack 10:30 Chair Exercise 11:00 Happy Hands 1:30 Bingo 2:30 Maze Puzzle Sheet 3:00 Snack 3:30 Noodle Ball	<u>Avocado Day</u> 31 9:00 Ballon Tennis 10:00 Refreshments 10:30 Noodle Exercise 11:00 Happy Hands 1:30 Aroma Therapy & Reminiscing 2:30 Avocado Dip & Chips Social 3:00 Snack 3:30 Horse Shoe	 Location Key: CS - Circle Seating OG - Outside Gazebo LR - Living Room TB - Tables DR - Dining Room AL - Assisted Living L - Lobby <i>Activities are subject to change. Outdoor programs occur if weather permits</i>