

THE

Sungarden

TIMES



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License # 374603437

July 2026

Welcome to our
community!

*We offer - Assisted Living -
Memory Care - Respite Stays*

Our Staff

Administrator

Susan O'Shaughnessy

Administrative Assistant

Jasmine Ybarra

Sales & Marketing Director

Cassie Hammond

Care Supervisor

Cherryrose Gajo

Culinary Director

Cindy Ramos

Activities Director

Marcos Ramos

Building Engineer

Danny Bernal

Apollo 11: The Mission That Changed History

In July 1969, the United States accomplished one of the greatest achievements in human history, landing the first people on the Moon. This mission, known as Apollo 11, was the result of years of scientific research, intense competition, and the determination to explore beyond Earth. It not only fulfilled a national goal but also captured the imagination of millions of people around the world.

The origins of Apollo 11 can be traced back to the height of the Cold War, when the United States and the Soviet Union were competing in what became known as the Space Race. After the Soviet Union achieved early successes in space, including launching the first satellite and sending the first human into orbit, the United States sought to prove its own technological strength. In 1961, President John F. Kennedy challenged the nation to land a man on the Moon and return him safely to Earth before the end of the decade. This ambitious goal set the stage for the Apollo program.



After years of testing and preparation, Apollo 11 was ready for launch. On July 16, 1969, a massive Saturn V rocket lifted off from Kennedy Space Center. Standing over 360 feet tall, the rocket remains one of the most powerful machines ever built. Inside were three astronauts: Neil Armstrong, the mission commander; Buzz Aldrin, the lunar module pilot; and Michael Collins, the command module pilot. As the engines ignited and the rocket rose into the sky, millions of viewers watched live, aware that this mission could change history forever.

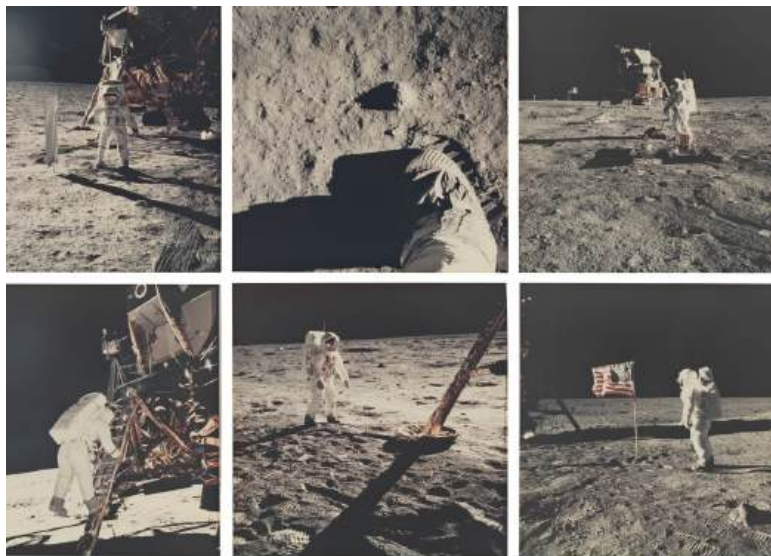
The journey to the Moon took about four days. During this time, the astronauts carefully monitored their spacecraft and prepared for the next stages of the mission. The spacecraft consisted of multiple parts, including the command module, where the crew lived and worked, and the lunar module, which would carry Armstrong and Aldrin down to the Moon's surface.



When Apollo 11 reached lunar orbit, Armstrong and Aldrin entered the lunar module, known as Eagle, while Collins remained in the command module orbiting above. On July 20, 1969, the Eagle began its descent to the Moon. The landing was not without challenges. As the module approached the surface, Armstrong noticed that the automatic landing system was guiding them toward a rocky area. With limited fuel remaining, he took manual control and carefully guided the module to a safer landing spot.

At 20:17 UTC, the Eagle touched down on the Moon. Armstrong radioed back to Earth, “The Eagle has landed,” confirming the success of the landing. A few hours later, he prepared to step outside. As he descended the ladder and placed his foot on the Moon’s surface, he spoke the famous words: “That’s one small step for man, one giant leap for mankind.” This moment marked the first time a human being had set foot on another world.

Buzz Aldrin soon joined Armstrong on the surface. Together, they spent about two and a half hours exploring the area, known as the Sea of Tranquility. They collected Moon rocks and soil samples, set up scientific instruments, and planted an American flag. They also left behind a plaque that read, “We came in peace for all mankind,” emphasizing that the mission was not just an American achievement, but one for all humanity.



While Armstrong and Aldrin worked on the Moon, Michael Collins remained in orbit, piloting the command module and ensuring everything was ready for their return. His role was critical, as he would be responsible for bringing the crew back home. After completing their tasks, Armstrong and Aldrin returned to the Eagle and lifted off from the Moon’s surface. They successfully docked with the command module, rejoining Collins. The crew then began their journey back to Earth, carefully navigating through space once again.

On July 24, 1969, Apollo 11 reentered Earth’s atmosphere and splashed down safely in the Pacific Ocean. The astronauts were recovered by a U.S. Navy ship and placed in quarantine as a precaution. Their safe return marked the successful completion of one of the most daring missions ever attempted.



The impact of Apollo 11 was enormous. It demonstrated that humans could travel to another celestial body and return safely, opening the door for future space exploration. It also represented a major victory for the United States in the Space Race, showcasing the nation’s scientific and technological capabilities.

Beyond politics and science, Apollo 11 inspired generations. It showed what could be achieved through teamwork, innovation, and determination. Even today, more than half a

century later, the mission remains a symbol of human curiosity and the desire to explore the unknown. As space agencies plan future missions to the Moon and beyond, the legacy of Apollo 11 continues to guide and inspire new discoveries.



About Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



“A New York Minute”

We are in the long days and nights of summer. Most of the residents love when it’s hot and may request a sweater even when the temperature hits 90! One of my favorite poems, “Remembering Summer,” is a poignant reflection on the passage of time, memory and the changing seasons. I first read this poem, written by W.S. Merwin, on an art installation in the New York City subway during a visit home several years ago.

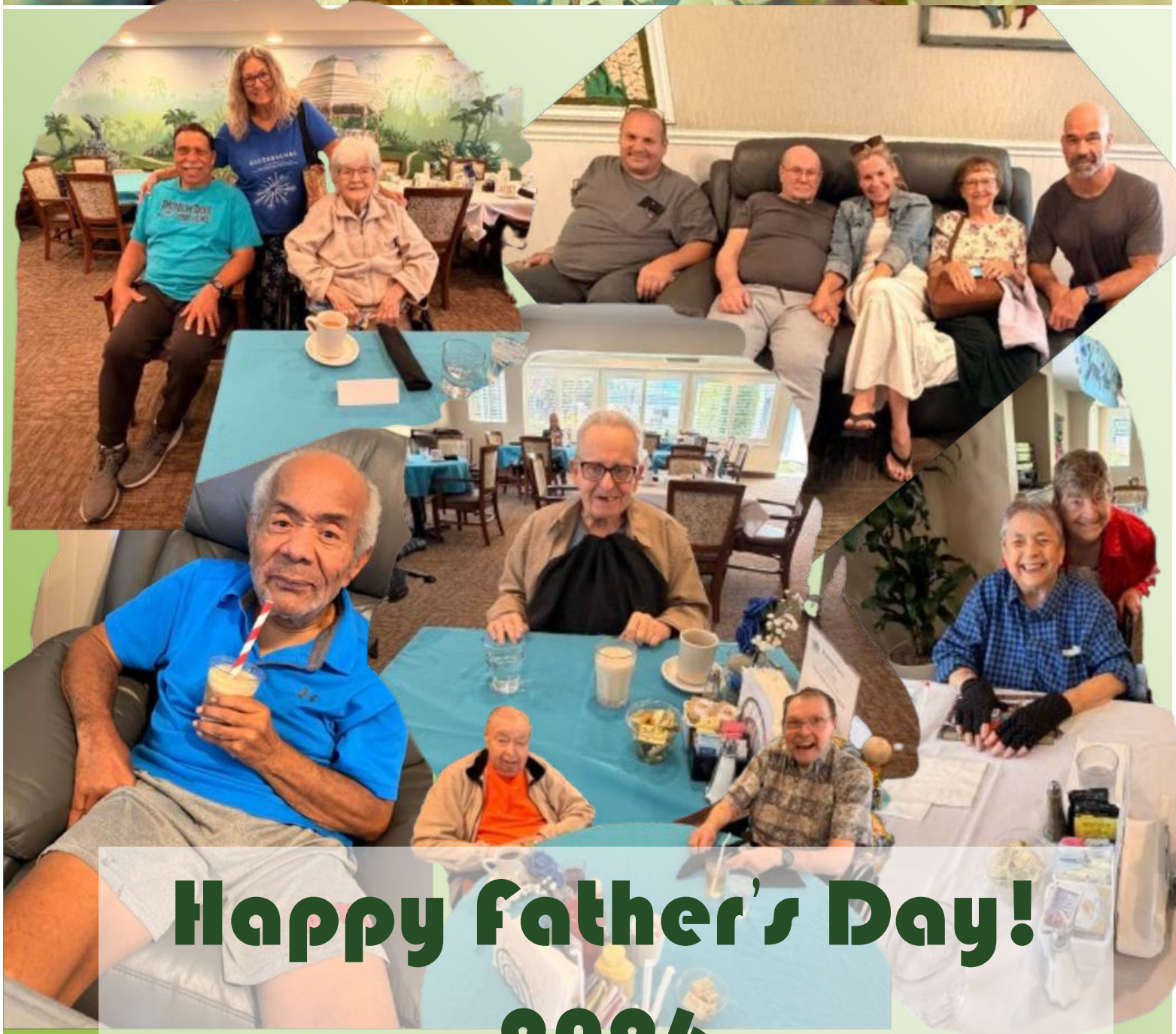
The MTA has a vibrant Arts and Design department whose purpose is to select and install artworks throughout the entire system. With over 300 works by world famous, mid-career and emerging artists, this underground museum is one of the largest and most diverse collections of site-specific public art in the world.

After descending into the bowels of Manhattan, hints of the smell of Juicy Fruit teasing my long-term memory, my daughter and I took a seat in a subway car and my eyes caught the poem;

*“Being too warm the old lady said to me
Is better than being too cold I think now
In between is the best because you never
Give it a thought but it goes by too fast
I remember the winter how cold it got
I could never get warm wherever I was
But I don’t remember the summer heat like that
Only the long days the breathing of the trees
The evenings with the hens still talking in the lane
And the light getting longer in the valley
The sound of a bell from down there somewhere
I can sit here now still listening to it”*

In that subway car, in that moment, I reflected on aging, memories, humanity and how we are ultimately all the same in our experiences. I found myself wiping away tears. Then ever so gently, my daughter touched my arm, “Let’s go, Mom. This is our stop.”

Susan O’Shaughnessy



Happy Father's Day!

2026



If you have any questions or would like to schedule a tour, Please contact Cassie Hammond at (619) 464 - CARE (2273)
Our Website is Sungardenterrace.com