

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: CR Community Room MP Multi Purpose Room DRP Dining Room Patio TL Terrace Lounge DR Dining Room MC Memory Care L Lobby <i>Activities are subject to change.</i> <i>Outdoor programs occur if weather permits</i>	September Birthdays: Kathleen B. 9/3 Richard C. 9/6 Virginia B. 9/13 Kay R. 9/20 Carol A. 9/24 Piccola B. 9/27 Gloria W. 9/27	National Chicken Month 1 9:00 Fitness w/Clarissa –CR 9:30 Eye Wear Cleaning—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo—TL 2:30 Nail Care– TL 3:00 Door to Door Refreshments	2 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	Skyscraper Day 3 9:00 Morning Chat—TL 9:30 Chair Traveling —TL 10:00 Fitness w/Clarissa—TL 10:00 Refreshments—CR 12:00 Pokeno at La Mesa Senior Ctr –L 1:30 Maze Puzzle Sheets —TL 3:00 Snack—CR 3:30 Bingo Blitz —CR	4 9:00 Tai Chi Essence—TL 9:30 Dear Abby—TL 10:00 Refreshments-CR 10:30 Balloon Tennis—TL 1:30 Bingo Bonanza—CR 3:00 Door to Door Refreshments 3:30 Pictionary Fun—TL	Beard Day 5 9:00 Morning Yoga—TL 9:30 Chair Traveling—TL 10:00 Refreshments —CR 10:30 Bingo —TL 1:30 Bocce Ball—CR 3:00 Door to Door Refreshments 3:30 Movie Time & Popcorn—MP
6 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	Labor Day BBQ 7 9:00 Fitness Time w/Clarissa—CR 10:00 Snack—CR 10:00 Art for All Ages—CR 11:30 Labor Day BBQ—DR 1:30 Bingo & Popcorn —TL 3:00 Door to Door Refreshments 3:30 Yahtzee —TL	8 9:00 Chair Exercise –TL 9:30 Eye Wear Cleaning—TL 10:00 Refreshments—CR 10:00 Scenic Drive—L 10:30 Alzheimer’s Support Group—CR 1:30 Dancing w/Raymond– DR 2:30 Nail Care– CR 3:00 Door to Door Refreshments	Teddy Bear Day 9 9:00 Morning Trivia—CR 9:30 Fun Journal Writing—CR 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	10 9:00 Quick Fit Routine—CR 9:30 Kat’s Walking Club — CR 10:00 Snack—CR 10:30 Bingo—CR 1:30 Bingo—TL 3:00 Door to Door Refreshments 3:30 UNO Card Game—TL	911 Remembrance Day 11 9:00 Tai Chi –TL 9:30 Hat Box Wonder—TL 10:00 Snack—CR 10:00 911/ Remembrance Ceremony YouTube—MP 1:30 Sing Along w/Anona—DR 3:00 Door to Door Refreshments 3:30 Bingo —CR	12 9:00 Morning Drummercise—TL 9:30 Story Telling—TL 10:00 Refreshments —CR 10:30 Group Jigsaw Puzzle —TL 1:00 Bloom & Grow—G 1:30 Bingo—CR 2:30 Film Time & Popcorn—MP 3:00 Door to Door Refreshments
Peanut Day 13 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	14 9:00 Noodle Exercise—CR 9:30 Discovery Activity Packet—CR 10:00 Snack —CR 10:30 Water Coloring—TL 1:30 Bingo—TL 3:00 Door to Door Refreshments 3:30 UNO Card Game—TL	Engineers Day 15 9:00 Strength & Wellness w/Clarissa –CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:30 Empowered Caregivers— Alzheimer’s Assoc. Presentation—CR 11:00 Lunch Outing—L 1:30 Bingo—TL 2:30 Precision Nails—TL 3:00 Snack—CR	16 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	Western BBQ 17 9:00 Morning Chat—CR 9:30 Workout w/Clarissa—CR 10:00 Refreshments—CR 11:30 Western BBQ—DR 1:30 Music Fun w/ Peter Seltser—DR 3:00 Snack—CR 3:30 Yahtzee—TL	18 9:00 Chair Exercise—TL 9:30 Daily Chronicles—TL 10:00 Refreshments-CR 10:30 Lucky #7 Dice —TL 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Bulls Eye—TL	Dance Day 19 9:00 Musical Stretch Exercise—TL 9:30 Reminiscing—TL 10:00 Refreshments —CR 10:30 Bingo—TL 1:00 Gardening—G 1:30 Basket Ball Hoops—CR 2:30 Movie Hour & Snack—MP 3:00 Door to Door Refreshments
20 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Word Search—TL 1:30 Bingo Time—CR 2:30 Sunday Movie —MP 3:00 Door to Door Refreshments	Earth, Wind & Fire Day 21 9:00 Tai Chi Exercise—CR 9:30 Exploration Activity Packet—CR 10:00 Snack —CR 10:30 Poems & Aroma Therapy —TL 1:30 Bingo—TL 3:00 Door to Door Refreshments 3:30 Free Hand Drawing—TL	Voter Registration Day 22 9:00 Fitness Fusion w/Clarissa –TL 9:30 Eye Wear Cleaning—TL 10:00 Snack-CR 10:00 Scenic Drive—L 1:30 Bingo Fun—CR 2:30 Nail Care—CR 3:00 Door to Door Refreshments	Checkers Day 23 9:00 Think Quick Memory Game - TL 9:30 Journal Writing— TL 10:00 Snack—CR 10:30 Balloon Tennis —TL 1:30 Bingo —CR 2:30 Cinema Time —MP 3:00 Door to Door Refreshments	24 9:00 10-Minute Warm up—CR 9:30 Exercise w/Clarissa— CR 10:00 Refreshments —CR 10:30 Bingo—TL 1:30 Gospel Music w/Steve & Diane—DR 3:00 Snack—CR 3:30 Word Scramble—TL	Lobster Day 25 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—TL 3:00 Door to Door Refreshments 3:30 Card Game 31—TL	26 9:00 Tai Chi—TL 9:30 Arts & Craft—TL 10:00 Refreshments —CR 1:00 Garden Walk—G 1:30 Bingo—CR 2:30 Flick Time & Popcorn—MP 3:00 Door to Door Refreshments
World Rivers Day 27 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	28 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 Door to Door Refreshments 3:30 Card Game #31 & Drinks—TL	Coffee Day 29 9:00 Clarissa’s Workout –CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Scenic Drive—L 1:30 Bingo—TL 2:30 Nail Care– TL 3:00 Door to Door Refreshments	30 9:00 Resident Council—TL 9:30 Funny Money Story—TL 10:00 Snack—CR 10:30 Journal Writing—TL 1:30 Bingo—CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	September 2026 Assisted Living Activities Calendar Sungarden Terrace 2045 Skyline Drive Lemon Grove, CA. 91945 (619) 464-2273		