

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Monday                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                      |
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| <div> <div> <b>Location Key:</b><br/> CR Community Room<br/> MP Multi Purpose Room<br/> DRP Dining Room Patio<br/> TL Terrace Lounge<br/> DR Dining Room<br/> MC Memory Care<br/> L Lobby </div> <div> <b>September Birthdays:</b><br/> Kathleen B. 9/3<br/> Richard C. 9/6<br/> Virginia B. 9/13<br/> Kay R. 9/20<br/> Carol A. 9/24<br/> Piccola B. 9/27<br/> Gloria W. 9/27 </div> </div> <div> <b>Activities are subject to change.</b><br/> <i>Outdoor programs occur if weather permits</i> </div> |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                             |                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                               |
| <b>6</b><br>9:00 Glamour Hour<br>10:00 Refreshments<br>10:30 Balloon Tennis<br><b>11:00 Healthy Hands</b><br>1:30 Bingo Fun<br>2:45 Dominoes<br>3:00 Refreshments<br>3:30 Water Coloring                                                                                                                                                                                                                                                                                                                 | <b>Labor Day BBQ 7</b><br>9:00 Daily Chronicles & Dear Abby<br>10:00 Snack<br><b>10:30 Exercise w/Clarissa</b><br><b>11:30 Labor Day BBQ—DR</b><br><b>1:30 Art for All Ages</b><br>2:30 Music Therapy/Eversound<br>3:00 Snack<br>3:30 Hat Box & Aroma Therapy | <b>National Chicken Month 1</b><br>9:00 Morning Story Telling<br>10:00 Hydration & Snack<br><b>10:30 Sit-N-Stretch</b><br><b>11:00 Healthy Hands</b><br>1:30 Bingo<br>2:30 Music Therapy/Eversound<br>3:00 Snack<br>3:30 Lucky #7 Dice Game | <b>2</b><br>9:00 Daily Headlines<br>10:00 Hydration & Snack<br><b>10:30 Sit-N-Stretch</b><br><b>11:00 Healthy Hands</b><br>1:30 Bingo<br>2:30 Music Therapy/Eversound<br>3:00 Snack<br>3:30 Bull’s Eye            | <b>Skyscraper Day 3</b><br>9:00 Ball Catch<br>10:00 Snack Time<br><b>10:30 Fitness w/Clarissa</b><br><b>11:00 Healthy Hands</b><br>1:30 Bingo<br>2:30 Group Word Search<br>3:00 Snack<br>3:30 Finish the Saying                                    | <b>4</b><br>9:00 Chair Traveling<br>10:00 Refreshments-CR<br><b>10:30 Fitness Fun</b><br><b>11:00 Healthy Hands</b><br>1:30 Black Jack Card Game<br>2:30 Nail Care & Eye Glass Cleaning<br>3:00 Snack & Chat<br>3:30 Bingo                               | <b>Beard Day 5</b><br>9:00 Jokes & Riddles<br>10:00 Refreshments<br>10:30 Coupon Clipping<br><b>11:00 Healthy Hands</b><br>1:30 Bingo<br>2:30 Move to the Music<br>3:00 Snack<br>3:30 Dot to Dot Coloring     |
| <b>13</b><br>9:00 Daily Care Time<br>10:00 Refreshments<br>10:30 Sing Along w/Susie Q—YouTube<br><b>11:00 Healthy Hands</b><br>1:30 Let’s Go BINGO<br>2:45 Karaoke Time<br>3:00 Snack<br>3:30 Chair Dancing                                                                                                                                                                                                                                                                                              | <b>14</b><br>9:00 Brain Game Animal A-Z<br>10:00 Refreshments<br><b>10:30 Noodle Exercise</b><br><b>11:00 Happy Hands</b><br>1:30 Magazine Cut-outs<br>2:30 Music Fun/Eversound<br>3:00 Snack<br>3:30 Story Time                                              | <b>Engineers Day 15</b><br>9:00 10-Minute Topic<br>10:00 Refreshments<br><b>10:30 Sit &amp; Stretch</b><br><b>10:30 Empowered Caregivers—</b><br><b>Alzheimer’s Assoc. Presentation—CR</b><br>1:30 Trivia<br>2:30 Hangman<br>3:00 Snack     | <b>16</b><br>9:00 Spiritual Hymns<br>10:00 Brunch<br><b>10:30 Noodle Exercise</b><br><b>11:00 Healthy Hands</b><br>1:30 Bingo Blitz<br>2: 30 Music Enjoyment/Eversound<br>3:00 Refreshments<br>3:30 Parachute Fun | <b>Western BBQ 17</b><br>9:00 Dear Abby<br>10:00 Snack & Hydration<br><b>10:00 Fitness w/Clarissa</b><br><b>11:00 Healthy Hands</b><br><b>11:30 Western BBQ—DR</b><br><b>1:30 Music Fun w/ Peter Seltser—DR</b><br>3:00 Snack & Chat<br>3:30 Bingo | <b>18</b><br>9:00 Book Reading<br>10:00 Refreshments<br><b>10:30 Move &amp; Grove Exercise</b><br><b>11:00 Healthy Hands</b><br><b>1:30 Sing Along w/Anona</b><br>2:30 Nail Care & Eye Glass Cleaning<br>3:00 Refreshments<br>3:30 Brain Benders: Idioms | <b>Dance Day 19</b><br>9:00 Morning Sing Along<br>10:00 Snack<br>10:30 Hand Massage<br><b>11:00 Happy Hands</b><br>1:30 Table Talk<br><b>2:30 Chair Yoga</b><br>3:00 Snack<br>3:30 Bowling                    |
| <b>20</b><br>9:00 Beauty Hour<br>10:00 Refreshments<br>10:30 Gospel Music<br><b>11:00 Healthy Hands</b><br><b>1:30 Bingo Blitz &amp; Ice Cream</b><br>2:45 Relaxing Music & Coloring<br>3:00 Snack<br>3:30 Balloon Volleyball                                                                                                                                                                                                                                                                            | <b>Earth, Wind &amp; Fire Day 21</b><br>9:00 Arm Chair Travel   Germany<br>10:00 Hydration & Snack<br><b>10:30 Chair Exercise</b><br><b>11:00 Happy Hands</b><br>1:30 Bingo<br>2:30 Remembering the 50’s/Eversound<br>3:00 Snack<br>3:30 Noodle Ball          | <b>Voter Registration Day 22</b><br>9:00 Balloon Tennis<br>10:00 Refreshments<br><b>10:30 Chair Work Out</b><br><b>11:00 Happy Hands</b><br><b>1:30 Music Fun w/Raymond</b><br>3:00 Snack<br>2:30 Singing Circle<br>3:30 Joy In Motion      | <b>Checkers Day 23</b><br>9:00 Audio Book Story<br>10:00 Refreshments<br><b>10:30 Exercise</b><br><b>11:00 Happy Hands</b><br>1:30 Bingo Bonanza<br>2:30 Music Fun/Eversound<br>3:00 Snack<br>3:30 Checkers Game  | <b>24</b><br>9:00 Spa Day<br>10:00 Refreshments<br><b>10:00 Fitness w/Clarissa</b><br><b>11:00 Happy Hands</b><br>1:30 Bingo<br>2:30 Matching Game<br>3:00 Snack<br>3:30 Coloring for Relaxation                                                   | <b>Lobster Day 25</b><br>9:00 Devotions on YouTube<br>10:00 Refreshments<br><b>10:30 Chair Exercise</b><br><b>11:00 Healthy Hands</b><br>1:30 Bocce Ball<br>2:30 Nail Care & Eye Glass Cleaning<br>3:00 Snack<br>3:30 Bull’s Eye                         | <b>26</b><br>9:00 Morning Stretch Exercise<br>10:00 Snack<br>10:30 Music & Jigsaw Puzzle<br><b>11:00 Happy Hands</b><br>1:30 Color by Number<br><b>2:30 Upper Body Stretching</b><br>3:00 Snack<br>3:30 Bingo |
| <b>World Rivers Day 27</b><br>9:00 Glamour Break<br>10:00 Refreshments<br>10:30 Today in History & Dear Abby<br><b>11:00 Healthy Hands</b><br>1:30 Bingo Bash<br>2:45 Parachute Fun<br>3:00 Refreshments<br>3:30 Sensory Hat Box                                                                                                                                                                                                                                                                         | <b>28</b><br>9:00 Story Time<br>10:00 Refreshments<br><b>10:30 Noodle Exercise</b><br><b>11:00 Healthy Hands</b><br>1:30 Bocce Ball<br>2:30 Music Request/Eversound<br>3:00 Refreshments<br>3:30 Bingo                                                        | <b>Coffee Day 29</b><br>9:00 Let’s Color<br>10:00 Brunch<br><b>10:30 Chair Yoga</b><br><b>11:00 Healthy Hands</b><br>1:30 Crotchet<br>2:30 Jokes, Riddles & Tongue Twisters<br>3:00 Refreshments<br>3:30 Pictionary                         | <b>30</b><br>9:00 Daily News<br>10:00 Hydration & Snack<br><b>10:30 Sit-N-Stretch</b><br><b>11:00 Healthy Hands</b><br>1:30 Bingo Mania<br>2:30 Music Therapy/Eversound<br>3:00 Snack<br>3:30 Hat Box Wonders     | <div> <div> <b>September 2026</b><br/> <b>Memory Care Activities Calendar</b><br/> Sungarden Terrace<br/> 2045 Skyline Drive<br/> Lemon Grove, CA. 91945<br/> (619) 464-2273 </div> </div>                                                         |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                               |