

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sungarden Terrace Memory Care Activities Calendar 2045 Skyline Drive, Lemon Grove, CA 91945 —619-464-2273 October 2026			9:00 Spirit Lift: Devotions on Screen 10:00 Refreshments 10:30 Soothing Exercise 10:00 Fellowship Bible Study—CR 11:00 Happy Hands 1:30 Bingo & Ice Cream 2:30 Soundscapes for the Soul/Eversound 3:00 Snack 3:30 Lucky #7 Roll Off	Music Day 1 9:00 Finish the Saying 10:00 Hydration & Snack 10:30 Clarissa’s Fit & Fun 11:00 Happy Hands 1:30 Oktoberfest Root Beer Floats, Pretzels & Polka Music Fun—CR 2:30 Jokes, Riddles & Tongue Twisters 3:00 Snack 3:30 Dominoes Dots & Blocks	World Smile Day 2 9:00 Heart to Heart with Dear Abby 10:00 Refreshments-CR 10:30 Shake, Rattle & Roll to 50’s Music 11:00 Healthy Hands 1:30 Bingo 2:30 Nail & Eye Glass Spa 3:00 Snack & Chat 3:30 Karaoke & Drinks, Let’s Sing Together!	Alzheimer’s Walk 3 9:00 Sit & Move to the Groove 10:00 Snack 10:30 Soothing Sounds & Puzzle Time 11:00 Happy Hands 1:30 Mini Ball Bucket Madness 2:30 Paint by Numbers 3:00 Snack 3:30 Bingo Time
World Animal Day 4 9:00 Glow-up Moment 10:00 Refreshments 10:30 Relaxed Workout 11:00 Healthy Hands 1:30 Bingo Fun Hour 2:45 Dominoes 3:00 Refreshments 3:30 Parachute Fun	5 9:00 Journey from Home 10:00 Hydration & Snack 10:30 Relaxing Movements 11:00 Happy Hands 1:30 Bingo Fun Hour 2:30 Rhythmic Healing Session/Eversound 3:00 Snack 3:30 Halloween Sheet Coloring	Noodle Day 6 9:00 Abby’s Advice Corner 10:00 Refreshments 10:30 Gentle Chair Yoga 11:00 Healthy Hands 1:30 Halloween Water Coloring 2:30 Poetry Circle 3:00 Refreshments 3:30 King Me! Checkers	7 9:00 News in a Nutshell 10:00 Hydration & Snack 10:30 Feel Good Moves 11:00 Healthy Hands 1:30 Halloween Crafting 2:30 The Healing Power of Music/Eversound 3:00 Snack 3:30 Halloween Word Search	Sight Day 8 9:00 Early Bird Chat 10:00 Refreshments 10:30 Fit Blast w/Clarissa 11:00 Happy Hands 1:30 Creative Coloring Moments 2:30 Back to School Memories 3:00 Snack 3:30 Bingo Mania	9 9:00 Trivia Whiz Hour 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Parachute Color Fun 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Bingo Bingo!	Hospice & Palliative Day 10 9:00 Book Hour 10:00 Snack 10:30 Aroma Therapy 11:00 Happy Hands 1:30 Table Talk 2:30 Stretch & Breathe Yoga 3:00 Snack 3:30 Cup Stack Mania
11 9:00 Daily Care Time 10:00 Refreshments 10:30 Silver Sneakers Fitness 11:00 Healthy Hands 1:30 Bingo Blitz 2:45 Relaxing Music & Coloring 3:00 Snack 3:30 Balloon Volleyball Palooza	Farmers Day 12 9:00 Remembering Great Inventions 10:00 Refreshments 10:30 Noodle Exercise 11:00 Healthy Hands 1:30 Bocce Ball & Drinks 2:30 Therapeutic Music /Eversound 3:00 Refreshments 3:30 Bingo	13 9:00 Bright Beginnings Chat 10:00 Refreshments 10:30 Alzheimer’s Support Group—CR 10:30 Chair Fitness Flow 11:00 Happy Hands 1:30 Bingo Hour Fun 3:00 Snack 2:30 Haunted Trivia Challenge 3:30 Word Whiz Spelling Bee	14 9:00 Hatbox Surprise 10:00 Hydration & Snack 10:30 Music– Cise 11:00 Healthy Hands 1:30 Bingo Blast 2:30 Sound Therapy/Eversound 3:00 Refreshments 3:30 Halloween Trivia	15 9:00 Morning News Updates 10:00 Hydration & Snack 10:30 Clarissa’s Fit & Fun 11:00 Happy Hands 1:30 Bingo Fun 2:30 Group Word Search 3:00 Snack 3:30 Halloween Arts & Craft	Sports Day 16 9:00 Halloween Stories 10:00 Snack 10:30 Bingo Fun & Snacks 11:00 Healthy Hands 1:30 Sing Along Fun w/Anona 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Halloween Music Fun	17 9:00 Morning Fitness 10:00 Snack 10:30 Spooky Trivia Triumph 11:00 Happy Hands 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun
Ride to Work Day 18 9:00 Beauty Session 10:00 Refreshments 10:30 Tai Chi Movements 11:00 Healthy Hands 1:30 Let’s Go Bingo 2:45 Jokes & Riddles 3:00 Snack 3:30 Chair Fitness Dance	19 9:00 Soothing Hand Therapy 10:00 Snack 10:30 Chair Fitness 11:00 Happy Hands 1:30 Bingo-Palooza 2:30 Glen Miller Music/Eversound 3:00 Snack 3:30 Hat Box of Senses	Chefs Day 20 9:00 Aroma & Audiobooks 10:00 Refreshments 10:30 Noodle Stretch 11:00 Happy Hands 1:30 Mini Basket Hoops Madness 2:30 Lucky # 7 Dice Game 3:00 Snack & Relaxing Music 3:30 Bingo Blast	21 9:00 Headline Highlights 10:00 Hydration & Snack 10:30 Calm & Stretch Session 11:00 Happy Hands 1:30 Bingo Bonanza 2:30 Rhythm & Reflection/Eversound 3:00 Snack 3:30 Checker Challenge	Color Day 22 9:00 Morning Hymn Tunes 10:00 Snack & Hydration 10:30 Clarissa’s Workout Time 11:00 Healthy Hands 1:30 Golden Mic Karaoke 2:30 Halloween Matching Game 3:00 Snack & Chat 3:30 The Great Bingo Game	23 9:00 Poetic Expressions 10:00 Refreshments 10:30 Chair Exercise 11:00 Healthy Hands 1:30 Halloween Movie 2:30 Relaxing Music/Eversound 3:00 Snack 3:30 Spooktacular Art Time	Bologna Day 24 9:00 Daily Chronicles & Dear Abby 10:00 Refreshments 10:30 Halloween Word Hunt 11:00 Healthy Hands 1:30 Bingo Jam 2:30 Card Game 3:00 Snack 3:30 Monster Melodies Fun
25 9:00 Glamour Break 10:00 Refreshments 10:30 Chair Yoga & Wellness 1:30 Bingo Bonanza 2:45 Team Parachute Time 3:00 Refreshments 3:30 Bucketball	26 9:00 Tales & Treasures 10:00 Refreshments 10:30 Move & Groove Fitness 11:00 Healthy Hands 1:30 Bingo & Beyond 2:30 Melody & Mindfulness/Eversound 3:00 Refreshments 3:30 Spooky Screen Time	Black Cat Day 27 9:00 Hat Box Wonders 10:00 Refreshments 10:30 Sit, Stretch & Soothe 11:00 Happy Hands 1:30 Dancing & Singing w/Raymond 2:30 Ghostly Story Time 3:00 Snack 3:30 Bingo Adventure	Oatmeal Day 28 9:00 Balloon Toss Fun 10:00 Brunch 10:30 Noodle Movement Fun 11:00 Healthy Hands 1:30 Colorful Ball Toss 2:30 Soothing Sounds Therapy/Eversound 3:00 Refreshments 3:30 Parachute Fun & Halloween Tunes	29 9:00 Poetic Expressions 10:00 Refreshments 10:30 Power Hour w/Clarissa 11:00 Healthy Hands 1:00 Costume & Pumpkin Contest-DR 2:30 Witchy Storytime 3:00 Snack & Chat 5:15 Kiva Families Trick or Treat-CR	30 9:00 Morning Hymns 10:00 Refreshments 10:30 Soothing Exercise 11:00 Happy Hands 1:30 Creepy Ghou! Coloring 2:30 Soundscapes for the Soul/Eversound 3:00 Snack 3:30 Halloween Film Fun	Halloween 31 9:00 Giggles & Riddles 10:00 Snack 10:30 Bingo Fun 11:00 Healthy Hands 1:30 Halloween Cookie Decoration 2:30 Monster Mash Music Fun 3:00 Refreshments 3:30 Halloween Movie