

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays October Sungarden Terrace Assisted Living Activities Calendar 2045 Skyline Drive, Lemon Grove, CA 91945—619-464-2273 2026			Location Key: L ~ Lobby CR ~ Community Room DR ~ Dining Room DRP ~ Dining Room Patio G ~ Garden TL ~ Terrace Lounge MC ~ Memory Care	Music Day 1 9:30 Wellness Walk with Kat — CR 10:00 Snack—CR 10:30 Bingo Jam—CR 12:00 Pokeno at La Mesa Senior Ctr—L 1:30 Oktoberfest Root Beer Floats, Pretzels & Polka Music Fun—CR 3:00 Door to Door Refreshments 3:30 UNO Blitz—CR	World Smile Day 2 9:00 Clarissa’s Fit & Fun —CR 9:30 Daily Tabloid & Tea—CR 10:00 Refreshments-CR 10:30 Bingo Excitement—CR 1:30 The Singing Circle—TL 3:00 Door to Door Refreshments 3:30 Yahtzee—TL	Alzheimer’s Walk 3 9:00 Classic Checker Challenge—CR 10:00 Refreshments —CR 10:30 The Fascinating History of German Beer: From Monks to Modern Beer 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR 2:30 Flick Time & Popcorn —MP 3:00 Door to Door Refreshments
World Animal Day 4 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	5 9:00 Seated Strength—TL 9:30 Discovery Packet/Eversound—TL 10:00 Snack —CR 10:30 Lets Get Crafty—TL 1:30 Mega Bingo —CR 3:00 Door to Door Refreshments 3:30 Ultimate Cup Stacking—TL	Noodle Day 6 9:00 Clarissa’s Wellness Workout—TL 9:30 Eye Wear Cleaning—TL 10:00 Snack-CR 10:00 Scenic Drive—L 1:30 Bingo & Popcorn—CR 2:30 Glam & Shine: Nails—CR 3:00 Door to Door Refreshments	7 9:00 10 Minute Topic/Residents Choice— TL 9:30 Mindful Journal Practice — TL 10:00 Snack—CR 10:30 The Frightening Pagan History of Halloween Full Special—MP 1:30 Bingo Fun —CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	Sight Day 8 9:00 Drummercise—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments—CR 10:30 Puzzle Adventure—CR 1:30 Bingo & Snacks—CR 3:00 Snack—CR 3:30 Pictionary Fun—TL	9 9:00 Fit Blast w/Clarissa —CR 9:30 The Advice Corner/Dear Abby—CR 10:00 Refreshments-CR 10:30 Bingo Time—CR 1:30 Sing Along Fun w/Anona—DR 3:00 Door to Door Refreshments 3:30 Cup Stack Challenge—TL	Hospice & Palliative Day 10 9:00 Seated Serenity Yoga—TL 10:00 Refreshments —CR 10:30 Halloween Stories & Giggles 1:00 Bloom & Grow—G 1:30 Bingo—CR 2:30 Matinee Movie —MP 3:00 Door to Door Refreshments
11 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	Farmers Day 12 9:00 Physical Movements—CR 9:30 Exploration Packet/Eversound -CR 10:00 Snack —CR 10:30 Bingo Blitz—CR 1:30 Dominoes Duel—TL 3:00 Door to Door Refreshments 3:30 Draw from the Heart—TL	13 9:00 Fitness Fusion w/Clarissa —TL 9:30 Eye Wear Cleaning—TL 10:00 Snack-CR 10:00 Panoramic Drive—L 10:30 Alzheimer’s Support Group—CR 1:30 Dancing & Singing w/Raymond—DR 2:30 Nail Care—CR 3:00 Door to Door Refreshments	14 9:00 My Family Tree—TL 9:30 Personal Reflection Writing—TL 10:00 Snack—CR 10:30 BBC Documentary <i>Halloween History, the True Origin of Halloween</i>—MP 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Halloween Craft Fun— TL	15 9:00 Stretch Warm-up—CR 9:30 Kat’s Walking Club — CR 10:00 Refreshments —CR 10:30 Bocce Ball—CR 1:30 Bingo —TL 3:00 Door to Door Refreshments 3:30 Karaoke Tunes—TL	Sports Day 16 9:00 Clarissa’s Workout—TL 9:30 Spooktacular Trivia Time —TL 10:00 Refreshments-CR 10:30 Bucketball—TL 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Fast Dominoes Tournament —TL	17 9:00 Axe Bulls Eye Duel—TL 10:00 Refreshments —CR 10:30 Wild Eight Card Game—TL 1:00 Green Thumb Time—G 1:30 Bingo Fun—CR 2:30 Movie Hour & Popcorn —MP 3:00 Door to Door Refreshments
Ride to Work Day 18 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Time—CR 1:30 Word Search—TL 2:30 Sunday Movie —MP 3:00 Door to Door Refreshments	19 9:00 Silver Sneakers Exercise—TL 9:30 Share your Scary Urban Legend—TL 10:00 Snack—CR 10:30 Checkers Tournament—TL 1:30 Bingo Challenge—CR 3:00 Door to Door Refreshments 3:30 Yahtzee Fun—TL	Chefs Day 20 9:00 Strength & Wellness w/Clarissa —TL 9:30 Eye Wear Cleaning—TL 10:00 Snack—CR 10:30 POKENO—TL 11:00 Lunch Trip —L 1:30 Bingo Bash—CR 2:30 Polish & Clear: Nails—CR 3:00 Door to Door Refreshments	21 9:00 Timeless Hat Vault —TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Sharp Shot Bull’s Eye—TL 1:30 Piano Trio Presentation—DR 2:45 Movie Hour & Popcorn —MP 3:00 Door to Door Refreshments	Color Day 22 9:00 Mini Stretch Work-out—CR 9:30 Walk & Talk w/Kat— CR 10:00 Refreshments —CR 10:30 Bingo Mania—CR 1:00 Italian Soda Social—CR 3:00 Door to Door Refreshments 3:30 Halloween Water Coloring & Spooky Music—TL	23 9:00 Clarissa’s Low Impact Work-Out—TL 9:30 Chair Travel Resident’s Choice—TL 10:00 Warm & Cozy Cocoa Hour—TL 10:30 Leisure Reading—TL 1:30 Bingo Excitement—CR 3:00 Door to Door Refreshments 3:30 Bucket Ball, Bowling & Bulls Eye Challenge—TL	Bologna Day 24 9:00 Bowling Blast—CR 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 The Lemonade Lounge—TL 2:30 Halloween Movie & Popcorn —MP 3:00 Door to Door Refreshments
25 9:00 Catholic Mass & Communion—CR 9:30 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo Fun—CR 1:30 Dominoes Fun —TL 2:30 Movie Matinee —MP 3:00 Door to Door Refreshments	26 9:00 Tai Chi Essence—TL 9:30 Fun Packet/Eversound - TL 10:00 Snack —CR 10:30 Checkers Deluxe—TL 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Connect Four & Win—TL	Black Cat Day 27 9:00 Power Fitness w/Clarissa —TL 9:30 Eye Wear Cleaning—TL 10:00 Refreshments—CR 10:00 Breathtaking Byway—L 1:30 Bingo Blitz—CR 2:30 Precision Nail—CR 3:00 Door to Door Refreshments	Oatmeal Day 28 9:00 Halloween Word Hunt—CR 9:30 Reflective Journaling— TL 10:00 Snack—CR 10:00 Resident Council — TL 10:30 Funny Money Store—TL 1:30 Bingo—CR 2:30 Movie & Popcorn—MP 3:00 Door to Door Refreshments	29 9:00 Quick Fit Routine—CR 9:30 Kat’s Walking Team— CR 10:00 Refreshments —CR 10:30 Halloween Word Seach—CR 1:00 Costume & Pumpkin Contest-DR 3:00 Door to Door Refreshments 5:15 Kiva Families Trick or Treat-CR	30 9:00 Fit Blast w/Clarissa —CR 9:30 Spooky Sounds & Parachute Fun—CR 10:00 Refreshments-CR 10:30 Bingo —CR 1:30 Haunted Coloring Page—TL 3:00 Door to Door Refreshments 3:30 Card Game #31—TL	Halloween 31 9:00 Morning Yoga—TL 10:00 Snack—CR 10:30 Halloween Music & Scary Legends—TL 1:30 Bingo —CR 2:30 Halloween Cookie Decoration—CR 3:00 Door to Door Refreshments 3:30 Halloween Movie—MP