Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends **1** 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	**2** 9:00 Morning Conditioning—CR 9:30 Lesson Bundle/Eversound –CR 10:00 Snack —CR **10:00 Art for All Ages—CR** 1:30 Bingo Blast & Drinks—CR 3:00 Door to Door Refreshments 3:30 Color in Motion—TL	**Jelly Fish Day** **3** 9:00 Strength & Wellness w/Clarissa –CR 9:30 Eye Glass Cleaning —CR 10:00 Snack—CR **10:00 Panoramic Drive—L** 1:30 Bingo Bash—CR 3:00 Door to Door Refreshments 3:00 Polish & Clear Nail Care– CR	**4** 9:00 Puzzle Quest—TL 9:30 Reflective Journaling— TL 10:00 Snack—CR 10:30 Thanksgiving Word Hunt—TL 1:30 Bingo —CR **2:30 Movie Time & Popcorn—MP** 3:00 Door to Door Refreshments	**5** 9:00 Quick Fit Routine—CR 9:30 Kat's Walking Club — CR 10:00 Refreshments —CR 10:30 Dominoes—CR **12:00 Pokeno at La Mesa Senior Ctr—L** 1:30 Thanksgiving Coloring Sheet—TL 3:00 Door to Door Refreshments 3:30 Bingo Mania—TL	**Nachos Day** **6** 9:00 Clarissa's Workout Warrior—TL 9:30 Card Game—TL 10:00 Refreshments-CR 10:30 Piecework Puzzle—TL **1:00 Tasty NACHOS—CR** 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Fast Dominoes Tournament —TL	**7** 9:00 *The Real Story of Thanksgiving (Full Documentary) YouTube –MP* 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 The Lemonade Lounge—TL **2:30 Movie & Popcorn—MP** 3:00 Door to Door Refreshments
8 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 Sunday Flix—MP** 3:00 Door to Door Refreshments	**9** 9:00 Tai Chi Essence—TL 9:30 Fun Packet/Eversound - TL 10:00 Snack —CR 10:30 Super Bingo—TL 1:30 Checkers Deluxe—TL 3:00 Door to Door Refreshments 3:30 Yahtzee—TL	**Marine Corps Birthday** **10** 9:00 Clarissa's Fitness Time –TL 9:30 Eye Glass Cleaning —TL 10:30 Veterans Day Coloring Sheet—TL 10:00 Snack-CR **11:30 Veterans Day Pasta Pronto Lunch** **10:30 Alzheimer's Support Group—CR** **1:00 Veterans Pinning Ceremony—CR** 3:00 Nail Glamour– CR 	**Veterans Day** **11** 9:00 Timeless Hat Vault –TL 9:30 Inspired Writing - TL 10:00 Snack—CR 10:30 Bingo—TL 1:30 UNO Card Game—TL **2:30 Movie & Popcorn—MP** 3:00 Door to Door Refreshments 	**Happy Hour Day** **12** 9:00 Drummercise—CR 9:30 Morning Miles w/ Kat — CR 10:00 Refreshments —CR **10:00 Scenic Drive—L** **1:00 Kitchen Creations/Fruit Kabobs —DR** 3:00 Door to Door Refreshments 3:30 King Size Checker Game—TL 	**13** 9:00 Power Hour w/Clarissa—CR 9:30 Daily Chronicles —CR 10:00 Refreshments-CR 10:30 Mega Beach Ball Kick Fun—CR **1:30 Music Fun w/Anona—DR** 3:00 Door to Door Refreshments 3:30 Super Bingo —TL	**Pickle Day** **14** 9:00 Arts & Craft—TL 10:00 Refreshments —CR 10:30 Bingo Fun—TL 1:00 Green Thumb Time—G 1:30 Wild Eights Card Game—TL **2:30 Movie Time & Popcorn—MP** 3:00 Door to Door Refreshments
15 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 Movie Time —MP** 3:00 Door to Door Refreshments	**16** 9:00 Physical Movements—TL 9:30 Exploration Packet/Eversound –TL 10:00 Snack —CR 10:30 Balloon Tennis—TL 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Holiday/Draw from the Heart—TL	**17** 9:00 Power Fitness w/Clarissa –CR 9:30 Eye Glass Cleaning —CR 10:00 Refreshments—CR 10:30 Let's Get Holiday Crafty—CR **11:30 Lunch Trip—CR** **1:30 Dancing & Singing w/ Raymond –DR** 3:00 Door to Door Refreshments 3:00 Precision Nail Care –CR	**18** 9:00 10-Minute Topic/Residents Choice– CR 9:30 Mindful Journal Practice — CR 10:00 Snack—CR 10:30 Bocce Ball Bonanza—CR 1:30 Bingo Delight—TL **2:30 Movie Hour & Popcorn—MP** 3:00 Door to Door Refreshments	**Kindness Day** **19** 9:00 Stretch Warm-up—CR 9:30 Kat's Walking Club — CR 10:00 Refreshments—CR 10:30 Bingo Mania—CR **1:30 Gospel Music w/Steve & Diane—DR** 3:00 Door to Door Refreshments 3:30 Yahtzee Fun—TL	**Child's Day** **20** 9:00 Fit Blast w/Clarissa –TL 9:30 Name that Tune—TL 10:00 Refreshments-CR 10:30 Art & Design Activity—TL **1:30 Turkey Stuffing Cooking Project w/Cindy—DR** 3:00 Door to Door Refreshments 3:30 Cup Stack Challenge—TL 	**21** 9:00 *The Real Story of Thanksgiving (Full Documentary) YouTube –MP* 10:00 Refreshments —CR 10:30 Bingo Blast—TL 1:00 Garden Craft—G 1:30 The Lemonade Lounge—TL **2:30 Cinema Time —MP** 3:00 Door to Door Refreshments
Go for a Ride Day **22** 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—MP 10:00 Snack—CR 10:30 Bingo—CR 1:30 UNO Card Game—TL **2:30 Sunday Movie —MP** 3:00 Door to Door Refreshments	**23** 9:00 Noodle Exercise—TL 9:30 Group Activity Packet—CTL 10:00 Snack —CR 10:30 Bingo—TL 1:30 Singing Circle—TL 3:00 Door to Door Refreshments 3:30 Yahtzee—TL	**Family Holiday Feast** **24** 9:00 Fitness Fusion w/Clarissa—TL 9:30 Eye Glass Cleaning —TL 10:00 Snack-CR 10:30 Jigsaw Puzzle Fun—TL  3:00 Door to Door Refreshments 3:00 Dominoes Challenge—CR **5:00 Thanksgiving Family Dinner—DR** **& Entertainment by: The Frank Guy**	**25** **9:00 Resident Council Meeting —TL** **9:30 Funny Money Store—TL** 10:00 Snack—CR 10:30 Crotchet Fun—TL 1:30 Bingo—CR **2:30 Cinema Time —MP** 3:00 Door to Door Refreshments	**Thanksgiving Day** **26** 9:00 Mini Stretch Work-out—CR 9:30 Walk & Talk w/Kat— CR 10:00 Snack—CR 10:30 Bingo Time—CR **11:30 Thanksgiving Luncheon-DR** 1:30 Card Game #31—TL **2:30 Holiday Movie—MP** 3:00 Door to Door Refreshments 	**Black Friday** **27** 9:00 Clarissa's Fit & Fun –CR 9:30 Dear Abby Advice Corner —CR 10:00 Refreshments-CR 10:30 Bingo Excitement—CR 1:30 Karaoke Beat— TL 3:00 Door to Door Refreshments 3:30 Jumbo Yarn Crochet & Reminiscing—TL	**28** 9:00 Bowling Blast—CR 10:00 Refreshments —CR 10:30 Bingo Fun—CR 1:00 Bloom & Grow—G 1:30 Water Color Wonders—TL **2:30 Movie Hour & Popcorn—MP** 3:00 Door to Door Refreshments
29 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	**Cyber Monday** **30** 9:00 Seated Strength—TL 9:30 Discovery Packet/Eversound - TL 10:00 Snack —CR 10:30 Lets Get Holiday Crafty—TL 1:30 Mega Bingo —CR 3:00 Door to Door Refreshments 3:30 Ultimate Cup Stacking—TL	Location Key: L - Lobby G-Garden CR - Community Room D - Dining Room DRP - Dining Room Patio TL - Terrace Lounge MC - Memory Care	**November 2026** Sungarden Terrace Assisted Living Activities Calendar 2045 Skyline Drive Lemon Grove, CA 91945 619-462-5831		Birthdays Elaine R. 11/7 Patricia J. 11/15	