November 2026

Sungarden Terrace Memory Care
Activities Calendar
2045 Skyline Drive
Lemon Grove, CA 91945
619-462-5831

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends 9:00 Beauty Session 10:00 Refreshments **10:30 Tai Chi Movements** **11:00 Healthy Hands** 1:30 Let's Go Bingo 2:45 Lucky # 7 Dice Game 3:00 Snack 3:30 Chair Fitness Dance	**2** 9:00 Soothing Hand Therapy 10:00 Snack **10:30 Chair Fitness** **11:00 Happy Hands** **1:30 Art for All Ages** 2:30 50's Music/Eversound 3:00 Snack 3:30 Hat Box—Tales & Treasures	**3** Jelly Fish Day 9:00 Spirit Lift: Devotions on Screen 10:00 Refreshments **10:30 Soothing Exercise** **11:00 Happy Hands** 1:30 Bingo 2:30 Soundscapes for the Soul/Eversound 3:00 Snack 3:30 Lucky #7 Roll Off	**4** 9:00 Daily News & Abby's Advice Corner 10:00 Refreshments **10:30 Gentle Chair Yoga** **11:00 Healthy Hands** 1:30 Bingo 2:30 Jokes, Riddles & Tongue Twisters 3:00 Refreshments 3:30 King Me! Checkers	**5** 9:00 Early Bird Chat—Where I was Born 10:00 Refreshments **10:30 Fit Blast w/Clarissa** **11:00 Happy Hands** 1:30 Bocce Ball Tournament 2:30 Trivia 3:00 Snack 3:30 Creative Holiday Coloring Moments	**6** Nachos Day 9:00 Holiday Trivia Whiz Hour 10:00 Refreshments **10:30 Move & Groove Fitness** **11:00 Healthy Hands** 1:30 Bingo 2:30 Precision Nail & Lens Care 3:00 Snack 3:30 Colorful Parachute Fun	**7** 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 Color by Number 3:00 Snack 3:30 Bingo Time
8 Daylight Saving Time Ends 9:00 Glow-up Moment 10:00 Refreshments **10:30 Relaxed Workout** **11:00 Healthy Hands** 1:30 Bingo Fun Hour 2:45 Dominoes Club 3:00 Refreshments 3:30 Bodies in Motion	**9** 9:00 10 Minute Chat - Dream Vacation 10:00 Refreshments **10:30 Move & Groove Fitness** **11:00 Healthy Hands** 1:30 Bingo Tournament 2:30 Melody & Mindfulness/Eversound 3:00 Refreshments 3:30 Finish the Phrase	**10** Marine Corps Birthday 9:00 News in a Nutshell 10:00 Hydration & Snack **10:30 Alzheimer's Support Group—CR** **11:30 Veterans Day Pasta Pronto Lunch** **1:00 Veterans Pinning Ceremony—CR** 2:30 The Healing Power of Music/Eversound 3:00 Snack 3:30 Arts & Craft Adventures 	**11** Veterans Day 9:00 Thanksgiving Holiday Reminiscing 10:00 Refreshments **10:30 Sit, Stretch & Soothe** **10:30 Happy Hands** 1:30 Bocce Ball Tournament 2:30 Move to your Favorite Tune 3:00 Snack 3:30 Bingo Adventure 	**12** Happy Hour Day 9:00 Ballon Ball Arm Stretch 10:00 Hydration & Snack **10:30 Clarissa's Fit & Fun** **11:00 Happy Hands** **1:30 Kitchen Creations/Fruit Kabobs** 2:30 Dear Abby 3:00 Snack 3:30 Connecting Dots & Blocks	**13** 9:00 Heart to Heart with Dear Abby 10:00 Refreshments-CR 10:30 Karaoke, Let's Sing Together **11:00 Healthy Hands** 1:30 Bingo 2:30 Nail & Eye Glass Spa 3:00 Snack & Chat 3:30 Thanksgiving Group Word Search	**14** Pickle Day 9:00 Fall Flower Arrangements 10:00 Snack 10:30 Bingo **11:00 Happy Hands** 1:30 Table Talk **2:30 Stretch & Breathe Yoga** 3:00 Snack 3:30 Cup Stack Mania
15 9:00 Spa Time 10:00 Refreshments **10:30 Chair Yoga & Wellness** **11:00 Healthy Hands** 1:30 Bingo Bonanza 2:45 Team Parachute Time 3:00 Refreshments 3:30 Sensory Adventure Hat Box	**16** Odd Socks Day 9:00 Remembering Great Movies 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 Challenge	**17** 9:00 Wild Wonders Show 10:00 Brunch **10:30 Noodle Movement Fun** **11:00 Healthy Hands** 1:30 Bingo Blast 2:30 Soothing Sounds Therapy/Eversound 3:00 Refreshments 3:30 Parachute Fun Time	**18** Princess Day 9:00 Beach Ball Blitz 10:00 Refreshments **10:30 Sit, Stretch & Soothe** **11:00 Happy Hands** 1:30 Bingo Challenge 2:30 Finish the Saying 3:00 Snack 3:30 Turkey Doodle & Draw	**19** 9:00 Holiday Story Telling 10:00 Snack & Hydration **10:30 Clarissa's Workout Time** **11:00 Healthy Hands** 1:30 Golden Mic Karaoke 2:30 Thanksgiving Coloring 3:00 Snack & Chat 3:30 The Great Bingo Game	**20** Child's Day 9:00 Giggles & Riddles 10:00 Snack 10:30 Bingo Fun **11:00 Healthy Hands** **1:30 Piano Sing Along w/ Anona** 2:30 Polish & Clear: Nails & Glasses 3:00 Refreshments 3:30 Bowling Bonanza 	**21** 9:00 Morning Fitness 10:00 Refreshments 10:30 Ball Toss **11:00 Healthy Hands** 1:30 Bingo Jam 3:00 Snack 2:30 Card Game 3:30 Arts & Craft
22 Go for a Ride Day 9:00 Glamour Break 10:00 Refreshments **10:30 Chair Yoga & Wellness** **11:00 Healthy Hands** 1:30 Bingo Bonanza 2:45 Trivia 3:00 Refreshments 3:30 Sensory Adventure Hat Box	**23** 9:00 Balloon Bounce Rally 10:00 Refreshments 10:30 Daily Headlines & 10 Minute Chat **11:00 Happy Hands** 1:30 Mindful Magic Hat Box 2:30 Harmony Healing /Eversound 3:00 Snack 3:30 Scrabble & Words w/Friends	**24** Family Holiday Feast 9:00 Headline Highlights 10:00 Hydration & Snack **10:30 Calm & Stretch Session** **11:00 Happy Hands** **1:30 Dancing w/ Raymond** 2:30 Rhythm & Reflection/Eversound **5:00 Thanksgiving Family Dinner—DR** **& Entertainment by: The Frank Guy**	**25** 9:00 Aroma Therapy & Audiobooks 10:00 Refreshments **10:30 Active Living with Silver Sneakers** **11:00 Happy Hands** 1:30 Ball Toss Madness 2:30 Sing Along 3:00 Snack 3:30 Bingo Blast	**26** Thanksgiving Day 9:00 Poetic Expressions 10:00 Refreshments **10:30 Power Hour w/Clarissa** **11:00 Healthy Hands** **11:30 Thanksgiving Luncheon** 1:30 Articulate with Art 2:30 Cozy Reading Time 3:00 Snack 3:30 Sensory Hat Box 	**27** Black Friday 9:00 Scented Serenity Session 10:00 Refreshments-CR 10:30 Groove to the Rock & Roll Beat **11:00 Healthy Hands** 1:30 Voices in Harmony 2:30 Glam & Shine: Nails & Eye Wear 3:00 Snack & Chat 3:30 Bingo Bingo!	**28** 9:00 Arms in Motion 10:00 Snack 10:30 Trivia Triumph **11:00 Happy Hands** 1:30 Watercolor Art 2:30 Balance Fitness 3:00 Snack 3:30 Afternoon Bingo Fun
29 9:00 Daily Care Time 10:00 Refreshments **10:30 Silver Sneakers Fitness** **11:00 Healthy Hands** 1:30 Bingo Bash 2:45 Relaxing Music & Coloring 3:00 Snack 3:30 Balloon Volleyball Palooza	**30** Cyber Monday 9:00 Balloon Bounce Rally 10:00 Refreshments 10:30 Daily Headlines & 10 Minute Chat **11:00 Happy Hands** 1:30 Mindful Magic Hat Box 2:30 Harmony Healing /Eversound 3:00 Snack 3:30 Scrabble & Words					

Birthdays
Elaine R. 11/7
Patricia J. 11/15

Location Key:
L ~ Lobby
G~Garden
CR ~ Community Room
D ~ Dining Room
DRP ~ Dining Room Patio
TL ~ Terrace Lounge
MC ~ Memory Care