Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



February 2026

Assisted Living Calendar

2045 Skyline Drive, Lemon Grove, CA. 91945

(619) 464-2273

Location Key:

CR - Community Room
MP - Multi Purpose Room
TL - Terrace Lounge
MC - Memory Care
L - Lobby

Activities are subject to change.

Outdoor programs occur if weather permits

February Birthdays

Dorothy L. 2/20

Arthur R. 2/23

Bobbie C. 2/26

Sungarden Terrace



Black History Month **1** 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service – TL 10:00 Goodies—CR 1:30 Bingo Mania—CR **2:30 Movie Matinee: People we Meet on Vacation— MP** 3:00 Door to Door Refreshments	**2** 9:00 Tai Chi Essence—CR 9:30 Parachute Fun– CR 10:00 Snack —CR 10:30 Super Bingo—CR 1:30 Yahtzee—CR 3:00 Snack—CR 3:30 Fun Packet/Eversound - CR	**Carrot Cake Day** **3** 9:00 Strength & Wellness w/Clarissa –CR **9:30 Daily Chronicles & Coffee—CR** 10:00 Coffee Social—CR **10:00 Scenic Drive—L** 10:30 Dominoes Challenge—CR 1:30 Bingo Bash—CR 3:00 Door to Door Refreshments 3:00 Polish & Clear: Nails & Glasses– CR	**Rosa Parks Day** **4** 9:00 Timeless Hat Vault –TL 10:00 Snack—CR 10:30 Bingo—CR 1:30 Magazine Cut-out Collage–TL **2:30 Netflix Movie & Popcorn: Resident's Choice—MP** 3:00 Door to Door Refreshments	**5** 9:15 Moring Stretch—CR 9:30 Walk & Talk w/Kat &— CR 10:00 Refreshments —CR 10:30 Ball Hoops—CR **12:00 Pokeno at La Mesa Senior Ctr—L** 1:30 Bingo—CR 3:00 Snack—CR **3:30 Famous Couple Trivia—TL**	**Chopsticks Day** **6** 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 Timeless Hat Vault & Reminiscing—TL	**7** **9:00 Valentines Arts & Craft—CR** 10:00 Refreshments —CR 1:00 Green Thumb Time—G 1:30 Bingo Fun—CR **2:30 Netflix Movie & Drinks: The Perfect Pairing—MP** 3:00 Door to Door Refreshments
Super Bowl LX **8** 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Mega Bingo—CR **3:00 Super Bowl Party—CR** 3:00 Refreshments—CR	**Chocolate Day** **9** 9:00 Physical Movements—CR **9:30 St. Valentine Story—CR** 10:00 Bites & Coffee —CR 10:30 Bocce Ball—CR 1:30 Bingo Quest —CR 3:00 Refreshments —CR 3:30 Exploration Packet/Eversound -CR	**10** 9:00 Clarissa's Fitness Time –CR **9:30 Advice Column—CR** 10:00 Snack & Chat—CR **10:00 Scenic Drive—L** **10:30 Alzheimer's Support Group—CR** **1:30 Music & Dancing w/Raymond—DR** 3:00 Door to Door Refreshments 3:00 Nail Glamour & Eye Glass Care– CR	**11** **9:00 Love Song Medley—TL** 9:30 Journaling from the Heart—TL 10:00 Snack—CR 10:30 Arts & Crafts—CR 1:30 Bingo-Rama - CR **2:30 Netflix Movie & Popcorn: Resident's Choice—MP** 3:00 Door to Door Refreshments	**Abraham Lincoln's B-Day** **12** 9:15 Stretch & Balance– CR 9:30 Kat Walk— CR 10:00 Refreshments —CR 10:30 Abraham Lincoln: A President's Pain Behind Closed Doors | Full Documentary | Biography—CR 1:30 Bingo Time—CR 3:00 Snack—CR **3:00 Valentines Cards & Love Songs–TL**	**Kiss Day** **13** 9:00 Fit Blast w/Clarissa –CR **9:30 The Advice Corner/Dear Abby—CR** 10:00 Refreshments-CR 10:30 Art & Design Activity—CR **1:30 Sing Along w/Anona—DR** 3:00 Door to Door Refreshments **3:00 Valentines Word Search—TL**	**Valentines Day** **14** 9:00 Talk About Famous Events—CR 10:00 Refreshments —CR **11:30 Sweetheart Luncheon—DR** 1:30 Bingo—CR **2:30 Netflix Movie & Popcorn: An Unexpected Valentine —MP** 3:00 Door to Door Refreshments
15 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Refreshments—CR 1:30 Bingo Bonanza—CR **2:30 Movie Matinee: The Lost Husband—MP** 3:00 Door to Door Refreshments	**President's Day** **16** 9:00 Seated Strength—CR 10:00 Refreshments & Music —CR 10:30 Mega Bingo —CR **1:00 Lunar New Year Celebration—CR** 3:00 Snack—CR 3:30 Discovery Packet/Eversound - CR	***Mardi Gras*** **17** 9:00 Power Fitness w/Clarissa –CR 10:00 Refreshments & Music—CR **10:00 Lunch Outing—L** **1:00 Mardi Gras Celebration –CR** 3:00 Snack & Nail Care– CR 3:30 Nail & Eye Glass Spa	**18** 9:00 Making Bead Bracelets —TL 10:00 Snack—CR 10:30 Lucky #7 Dice Game—TL 1:00 Ice Cream Social—CR 1:30 Bingo —CR **2:30 Netflix Movie & Popcorn: Resident's Choice—MP** 3:00 Door to Door Refreshments	**Chocolate Mint Day** **19** 9:15 Quick Fit Routine—CR 9:30 Garden Stroll w/Kat - CR 10:00 Refreshments —CR 10:30 Hand Massage–CR 1:30 Bingo Blitz –CR 3:00 Snack—CR 3:30 Checker Game—TL	***Caregiver Day*** **20** 9:00 Power Hour w/Clarissa—CR **9:30 Daily Bulletin & Coffee—CR** 10:00 Refreshments-CR 10:30 Beach Ball Fun—CR 1:30 Bingo Blitz –CR 3:00 Door to Door Refreshments 3:30 Yahtzee —TL	**21** 9:00 Finish the Saying—CR 10:00 Refreshments —CR 10:30 Lets Crotchet —CR 1:30 Bingo—CR **2:30 Netflix Movie & Drinks: Heart Parade - MP** 3:00 Door to Door Refreshments
Margarita Day **22** 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR 1:30 Epic Bingo Game—CR **2:30 Movie Matinee: Mango— MP** 3:00 Door to Door Refreshments	**23** 9:00 Noodle Exercise—CR 9:30 Morning Sing Along—CR 10:00 Snack & Jokes—CR 10:30 Bingo Blast—CR 1:30 Lets Get Crafty—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound -CR	**24** 9:00 Fitness Fusion w/Clarissa –CR 9:30 Pictionary Fun—CR 10:00 Light Bites & The Price is Right—CR **10:00 Scenic Drive—L** 1:30 Bingo Blitz—CR 3:00 Door to Door Refreshments 3:00 Nail & Eye Glass Spa— CR	**Clam Chowder Day** **25** **9:00 Resident Council Meeting—TL** **9:30 Funny Money Store—TL** 10:00 Snack—CR 10:30 Balloon Tennis—CR 1:30 Bingo—CR **2:30 Netflix Movie & Popcorn: Resident's Choice—MP** 3:00 Door to Door Refreshments	**Pistachio Day** **26** 9:15 15 Minute Warm up—CR 9:30 Kat's Walking Crew - CR 10:00 Refreshments —CR 10:30 Spelling Bee Challenge–CR 1:30 Bingo Blitz –CR 3:00 Snack—CR 3:30 King Size Checker Game—TL	**27** 9:00 Clarissa's Workout Warrior—CR **9:30 Dear Abby, Words of Wisdom—CR** 10:00 Refreshments-CR 10:30 Piecework Water Painting—CR 1:30 Bingo Frenzy—CR 3:00 Door to Door Refreshments 3:30 Fast Dominoes Tournament —TL	**Pancake Day** **28** 9:00 Morning Domino Game—TL 10:00 Refreshments —CR 10:30 Classic Checker Challenge—TL 1:00 Planting & Growing—G 1:30 Mega Bingo & Drinks—CR **2:30 Netflix Movie& Popcorn: Mr. Malcom's List—MP** 3:00 Door to Door Refreshments