MAY 2026

Assisted Living Activities Calendar
Sungarden Terrace 2045 Skyline Drive, Lemon Grove, CA. 91945 (619) 464-2273

Location Key:
L - Lobby
MP- Multi-Purpose Room
CR - Community Room
DP - Dining Room Patio
TL - Terrace Lounge
D - Dining Room
MC - Memory Care

May Birthdays
Gina B. 5/3
Mary Jane R. 5/9
Chris P. 5/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 May Day 9:00 Morning Exercise —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	**2** Comic Book Day 9:00 Free Hand Drawing—CR 10:00 Refreshments —CR 10:30 Table Ping Pong—CR 1:00 Green Thumb Time—G 1:30 Bingo Blitz—CR **2:30 Flick Time & Popcorn —MP** 3:00 Door to Door Refreshments
3 Lemonade Day 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: — MP** 3:00 Door to Door Refreshments	**4** 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	(CINCO DE MAYO) **5** 9:00 Chair Exercise –CR 9:30 Eye Glass Care—CR 10:00 Snack-CR 10:00 Scenic Drive—L **11:30 Taco Bar—DR** 1:30 Bingo & Goodies—CR 2:30 Nail Care — CR 3:00 Snack	**6** Nurses Day 9:00 Timeless Hat Vault –TL 10:00 Snack—CR 10:30 Bingo—CR 1:30 Magazine Cut-out Collage–TL **2:30 Movie & Popcorn—MP** 3:00 Door to Door Refreshments	**7** 9:00 Moring Stretch—CR **10:00 Art for All Ages— CR** 10:00 Refreshments —CR **12:00 Pokeno at La Mesa Senior Ctr—L** 1:30 Bingo—CR 3:00 Snack—CR 3:30 Dominoes Challenge—TL	**8** Red Cross Day 9:00 Exercise Fun –CR **9:30 Daily Tabloid —CR** 10:00 Refreshments—CR 10:30 Bingo—CR **1:30 Sing Along Fun w/Anona—DR** 3:00 Door to Door Refreshments 3:30 Timeless Hat Vault & Reminiscing—TL	**9** 9:00 Spa Day—TL 10:00 Refreshments —CR 10:30 Bingo—CR 1:00 Garden Craft—G 1:30 Trivia & Music Fun—TL **3:00 Movie Hour & Snack—MP** 3:00 Door to Door Refreshments
10 Mothers Day 9:00 Catholic Mass & Communion—CR 9:00 Shadow Mountain Service—TL 10:00 Snack—CR **11:30 Mother's Day Luncheon—DR** **2:30 Movie Matinee: — MP** 3:00 Refreshments—CR	**11** 9:00 Physical Movements—CR 9:30 Finish the Saying—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	**12** 9:00 Power Fitness w/Clarissa –CR 9:30 Lens Care—CR 10:00 Refreshments—CR 10:00 Lunch Trip—L **10:30 Alzheimer's Support Group—CR** **1:30 Dancing & Singing w/Raymond—DR** 2:30 Precision Nail – CR 3:00 Door to Door Refreshments	**13** Receptionist Day 9:00 Book Reading w/Esther—TL 10:00 Journaling from the Heart—TL 10:00 Snack—CR 10:30 Arts & Crafts—CR 1:30 Bingo-Rama - CR **2:30 Cinema Time & Popcorn—MP** 3:00 Door to Door Refreshments	**14** 9:00 Kat Walk—CR 9:30 Stretch & Balance w/Clarissa—CR 10:00 Refreshments—CR 10:30 Bocce Ball—CR 1:30 Bingo Blitz—CR 3:00 Door to Door Refreshments 3:30 Deal or No Deal—CR	**15** Bike-to-Work Day 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 The Singing Circle— TL 3:00 Door to Door Refreshments 3:30 Word Games/YouTube—TL	**16** 9:00 Let's Get Crafty—TL 10:00 Refreshments —CR 10:30 Morning Sing Along—TL 1:00 Green Thumb Time—G 1:30 Bingo Fun—CR **2:30 Matinee Movie & Drinks —MP** 3:00 Door to Door Refreshments
17 Baking Day 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: —MP** 3:00 Door to Door Refreshments	**18** 9:00 Seated Strength—CR 9:30 Remember the Time (Music)? - CR 10:00 Refreshments & Music —CR 10:30 Table Pong —CR 1:30 Bingo Delight—CR 3:00 Snack—CR 3:30 Discovery Packet/Eversound - CR	**19** Plant Something Day 9:00 Clarissa's Wellness Workout –CR 9:30 Eye Wear Cleaning—CR 10:00 Snack-CR 10:00 Panoramic Drive—L **10:30 Empowered Caregivers—An Alzheimer's Assoc. Presentation—CR** 1:30 Bingo & Popcorn—CR 2:30 Nails & Glasses – CR 3:00 Snack	**20** 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 Movie Hour & Popcorn —MP** 3:00 Door to Door Refreshments	**21** Meditation Day 9:30 Fit Routine w/Clarissa—CR 10:00 Refreshments —CR 10:30 Group Coloring–CR 1:30 Bingo Blitz –CR 3:00 Snack—CR 3:30 Checker Game—TL	**22** 9:00 Clarissa's Fit & Fun –CR **9:30 Cyber Seniors/Technology Asst.—CR** 10:00 Refreshments-CR 10:30 Bocce Ball Fun—CR 1:30 Bingo—CR 3:00 Door to Door Refreshments 3:30 Yahtzee Fun—TL	**23** Turtle Day 9:00 Coffee Social & Jazz Music—CR 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Craft—G 1:30 Hook & Needles Crochet—CR **2:30 Film Time & Popcorn —MP** 3:00 Door to Door Refreshments
24 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: —MP** 3:00 Door to Door Refreshments **31** 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:—MP** 3:00 Door to Door Refreshments	**25** Memorial Day 9:00 Noodle Exercise—CR **9:30 Memorial Day Ceremony YouTube—CR** 10:00 Snack & Jokes—CR **11:30 Memorial Day BBQ—DR** 2:30 Bingo—CR 3:00 Refreshments —CR 3:30 Fun Pack/Eversound -CR	**26** 9:00 Fitness Hour w/Clarissa –CR 9:30 Eye Glass Cleaning—CR 10:00 Refreshments—CR 10:00 Scenic Drive—L 1:30 Bingo—CR 2:30 Nail Spa —CR 3:00 Door to Door Refreshments	**27** **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 Film Time & Popcorn —MP** 3:00 Door to Door Refreshments	**28** Burger Day 9:00 Kat's Walking Crew - CR 9:30 Drummercise—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	**29** 9:00 Clarissa's Low Impact Work-Out–CR **9:30 Chair Travel Resident's Choice—CR** 10:00 Refreshments-CR 10:30 Bingo Excitement—CR 1:30 Card Game #31— TL 3:00 Door to Door Refreshments 3:30 Bucket Ball—TL	**30** Creativity Day 9:00 Musical Stretch Exercise—CR 9:30 The Beatles Trivia 10:00 Refreshments —CR 10:30 Bingo Blast—CR 1:00 Garden Walk—G 2:30 **Flick Hour & Popcorn —MP** 3:00 Door to Door Refreshments