

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; margin: 0;">January 2022</h1>						9:30 Exercise 10:10 Trivia 11:00 Flower Arranging 1:00 Betty White Documentary 2:00 Group Discussion & Tea Party 3:30 Stretch & Be Fit
9:30 Exercise 10:00 Show & Tell 11:00 Today in History 1:00 Pastel Art 2:00 UNO Game 3:30 Stretch & Be Fit 4:00 I Spy Game	9:30 Exercise 10:00 Math Games 11:00 World Events w/ Gary 1:00 Chocolate Cherry Making 2:00 Fish Watercolor 3:30 Stretch N' Be Fit	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 ASL Learning 2:00 Letter Ball Game 3:30 Stretch & Be Fit 4:10 National Trivia Day	9:30 Exercise 10:00 Mexican Bingo 11:00 ASL Learning 1:00 Jewelry Making 2:00 Plant A Flower 2:30 Walking Club 3:30 Exercise 4:10 Beachball Trivia	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Mexican Bingo 2:00 Watercolor Relaxation 3:30 Stretch & Be Fit 4:00 UNO Game 4:30 King in the Corner	9:30 Exercise 10:00 Kitten Painting 11:00 Staff Interview 1:00 Rick Steves: Spain 2:00 Cycling Ride Around Santa Barbara 2:30 King in the Corner 3:30 Exercise	9:30 Exercise 10:10 Card Game 11:00 Flower Arranging 1:00 Rick Steves 2:00 Art Hour Bubble Painting 3:30 Stretch & Be Fit 4:00 Name 3 Things
9:30 Exercise 10:00 Loteria Game 11:00 Trouble Game 1:00 Karaoke Fun 2:00 Arts & Crafts 3:30 Stretch & Be Fit 4:10 UNO Game	9:30 Exercise 10:00 Ball Toss Trivia 11:00 Nikola Tesla Documentary 1:00 Eagle Painting Fun 2:00 Mary's Book Club 3:30 Exercise 4:00 Name 3 Things	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Share A Photo 2:00 Music w/ Rod 3:30 Stretch & Be Fit 4:00 Scrapbook Fun 4:30 King in the Corner	9:30 Exercise 10:00 Card Bingo Tournament 1:00 Checkers Game 2:00 Blackjack Time 3:30 Exercise 4:10 Yoga Stretch	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Show & Tell 2:00 Clay Fun 3:30 Stretch & Be Fit 4:10 Earring Making Fun 4:30 King in the Corner	9:30 Exercise 10:00 Card Bingo 11:00 ASL Learning 1:00 AG Store 2:00 Cycling Ride Around Santa Barbara 2:30 Sunset Painting 3:30 Stretch & Be Fit	9:30 Exercise 10:00 Coloring Relaxation 11:00 Flower Arranging 1:00 Card Making 2:00 National Hat Day 2:30 Smoothie Time 3:30 Chair Exercise 4:10 Trivia
9:30 Exercise 10:00 Share A Photo 11:00 Necklace Making 1:00 Quick! Draw Game 2:00 UNO Game 2:30 Connect Four 3:30 Stretch & Be Fit 4:10 Flower Painting	9:30 Exercise 10:00 Math Games 11:00 World Events w/ Gary 1:00 Ball Toss 2:00 Root Beer Float DIY 3:00 Martin Luther King Jr. Day: Documentary 3:30 Chair Dance Fun	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Word Scramble 2:00 National Winnie the Pooh Day: History Talk 2:30 Watercolor Fun 3:30 Chair Dance Exercise	9:30 Exercise 10:00 Today in History 11:00 Popcorn Painting 1:00 National Popcorn Day 1:30 Popcorn Necklace 3:30 Exercise 4:00 Charade Game	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 ASL Learning 2:30 King in the Corner 3:00 Zumba Exercise Fun 3:35 Jenga Game Fun 4:30 Share A Joke	9:30 Exercise 10:00 Guess Who Game 11:00 Resident Council 1:00 Rick Steves: Italy 2:00 Cycling Ride Around Santa Barbara 3:30 Stretch & Be Fit 4:00 Sing Along Fun	9:30 Exercise 10:00 Share A Memory 11:00 Word Search Fun 1:00 Guessing Game 2:00 Hangman Game 3:00 Math Solving 3:30 Chair Exercise 4:10 Guess the Song
9:30 Exercise 10:00 Handwriting Letter 11:00 Karaoke Fun 1:00 Bracelet DIY 2:00 Name 3 Things 2:30 Nail Time 3:30 Stretch & Be Fit 4:10 Share A Story	9:30 Exercise 10:00 Resident Quote Art 11:00 Patsy Cline Documentary 1:00 Resident Quote DIY 2:00 Mary's Book Club 3:30 Exercise 4:00 Show & Tell	9:30 Exercise 10:10 Bingo 11:10 Blackjack Fun 1:00 Ball Toss Fun 2:00 Karaoke Time 2:30 Sorry! Game 3:30 Chair Exercise 4:00 Jenga Game	9:30 Exercise 10:00 Today in History 11:00 Guess the Song 1:00 Rick Steves 2:00 Who Said This? Game 2:30 Viny of the Day 3:30 Exercise	9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Valentine Craft 2:00 Word Searching Activity 2:30 Art w/ Tonya 4:00 Exercise	9:30 Exercise 10:00 Group Puzzle 11:00 Connect Four 1:00 AG Store 2:00 Cycling Ride around Santa Barbara 3:30 Stretch & Be Fit 4:00 Name 3 Things	9:30 Exercise 10:00 Guess the Celebrity 11:00 Flower Arranging 1:00 Rick Steves 2:00 Trivia 2:30 Vinyl of the Day 3:30 Chair Exercise Fun 4:10 Charade Game
9:30 Exercise 10:00 Jenga Game 11:00 Connect Four 1:00 Rick Steves: France 2:00 Checkers Game 2:30 Chess Game 3:30 Exercise 4:00 King in the Corner	9:30 Exercise 10:00 Movie Trivia 11:00 World Events w/ Gary 1:00 Pink Tie Dye Shirts 2:00 Hot Chocolate & Art 3:30 Exercise 4:00 Vinyl of the Day	Alexander Gardens Assisted Living, 2120 Santa Barbara St. Santa Barbara CA 93105 *Activities are subject to change*				

