

# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Alexander Gardens Assisted Living, 2120 Santa Barbara St. Santa Barbara CA 93105</p> <p><b>*Activities are subject to change*</b></p>		<p>9:30 Exercise 1</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 Rick Steves</p> <p>1:30 Trouble Game</p> <p>3:30 Stretch &amp; Be Fit</p>	<p>9:30 Exercise 2</p> <p>10:10 Today in History</p> <p>11:00 King in the Corner</p> <p>1:00 Karaoke Fun</p> <p>2:00 Walking Club</p> <p>3:30 Stretch N' Be Fit</p> <p>4:00 New York Video</p>	<p>9:30 Exercise 3</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:30 Walking Club</p> <p><b>2:00 Feed the Birds Day</b></p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Jeopardy Fun</p>	<p>9:30 Exercise 4</p> <p>10:00 Bubblegum Painting</p> <p>11:00 Trivia</p> <p>1:00 Share A Story</p> <p>3:30 Stretch N' Be Fit</p> <p>4:00 Guess the Song</p>	<p>9:30 Exercise 5</p> <p>10:10 Card Bingo</p> <p>11:00 Flower Arranging</p> <p>1:00 UNO Game</p> <p>2:00 Monarch Painting</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:15 Did You Know?</p>
<p>9:30 Exercise 6</p> <p>10:00 UNO Game</p> <p>11:00 Word Search Fun</p> <p>1:00 Rick Steves</p> <p>2:00 Remembering Ronald Raegan Talk</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:00 Guess Who? Game</p>	<p>9:30 Exercise 7</p> <p>10:00 Trivia</p> <p>11:00</p> <p>1:00 Scrapbook Fun</p> <p><b>2:00 Rose Day</b> Painting</p> <p>3:30 Stretch N' Be Fit</p> <p>4:00 I Spy Game</p>	<p>9:30 Exercise 8</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 ASL Learning</p> <p>2:00 Geography Trivia</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Boy Scout History</p>	<p>9:30 Exercise 9</p> <p>10:10 Mexican Bingo</p> <p>11:10 Card Bingo</p> <p>1:00 Jewelry Making</p> <p><b>2:00 National Pizza Day</b> Painting</p> <p>3:30 Exercise</p> <p>4:10 Beachball Trivia</p>	<p>9:30 Exercise 10</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 King in the Corner</p> <p>2:00 Umbrella Drawing Fun</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Connect Four</p>	<p>9:30 Exercise 11</p> <p>10:00 Staff Interview</p> <p>11:00 Karaoke Fun</p> <p><b>1:00 AG Store</b></p> <p><b>2:00 Cycling Ride</b> Around Santa Barbara</p> <p>2:30 Share A Photo</p> <p>3:30 Stretch &amp; Be Fit</p>	<p>9:30 Exercise 12</p> <p>10:10 Scrabble Fun</p> <p>11:00 Flower Arranging</p> <p>1:00 Rick Steves</p> <p>1:30 Ball Trivia</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:00 Brain Games</p>
<p>9:30 Exercise 13</p> <p>10:00 Letter Writing Fun</p> <p>11:00 Relax &amp; Read</p> <p>1:00 King in the Corner</p> <p>2:00 Stretch &amp; Be Fit</p> <p><b>3:15 Superbowl Game</b></p> <p>4:10 UNO Game</p>	<p><b>Valentine's Day</b> 14</p> <p>9:30 Exercise</p> <p>10:00 Share A Valentine Card</p> <p>11:00 Romeo &amp; Juliet Film</p> <p><b>2:00 Mary's Book Club</b></p> <p>3:30 Exercise</p>	<p>9:30 Exercise 15</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p><b>1:30 Valentine's Day Party</b></p> <p><b>2:00 Music w/ Rod</b></p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:00 Scrapbook Heart Fun</p> <p>4:30 King in the Corner</p>	<p>9:30 Exercise 16</p> <p><b>10:10-11:45 Bingo Tournament</b></p> <p>1:00 King in the Corner</p> <p>2:00 Blackjack Time</p> <p>3:30 Exercise</p> <p>4:10 Jeopardy Fun</p>	<p>9:30 Exercise 17</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 Karaoke Fun</p> <p>2:00 Memory Match Game</p> <p>3:30 Stretch &amp; Be Fit</p>	<p>9:30 Exercise 18</p> <p>10:00 ASL Learning</p> <p><b>11:00 Resident Council</b></p> <p><b>1:00 National Caregivers Day</b></p> <p>2:30 Thank you Cards</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:00 I Spy Game</p>	<p>9:30 Exercise 19</p> <p>10:00 Coloring Relaxation</p> <p>1:00 Word Search &amp; King in the Corner</p> <p>2:00 Movie Matinee</p>
<p><b>Pajama Day</b> 20</p> <p>9:30 Exercise</p> <p>10:10 Ball Trivia</p> <p>11:00 Chess &amp; Checkers</p> <p>1:00 Relax &amp; Read</p> <p>2:00 Hot Cocoa &amp; Movie Matinee</p> <p>4:00 Stretch &amp; Be Fit</p>	<p><b>President's Day</b> 21</p> <p>9:30 Exercise</p> <p>10:10 President Trivia</p> <p>11:00 President Documentary</p> <p>1:30 Word Search Fun</p> <p>3:30 Chair Dance Exercise</p> <p>4:00 Name 3 Things</p>	<p>9:30 Exercise 22</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 Relax &amp; Read</p> <p>2:00 Happy Hour Fun</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Lotion Making DIY</p>	<p>9:30 Exercise 23</p> <p>10:10 Today in History</p> <p>11:00 Charade Game</p> <p><b>1:00 National Tile Day</b> Art</p> <p>2:00 Staff Interview</p> <p>3:30 Exercise</p> <p>4:10 Guess the Song</p>	<p>9:30 Exercise 24</p> <p>10:10 Bingo</p> <p>11:10 Blackjack Time</p> <p>1:00 Movie Trivia</p> <p>2:00 Card Bingo</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Karaoke Fun</p>	<p>9:30 Exercise 25</p> <p>10:10 Resident Interview</p> <p>11:00 ASL Learning</p> <p><b>1:00 AG Store</b></p> <p>2:00 Clover Craft</p> <p>3:00 Show &amp; Tell</p> <p>3:30 Stretch &amp; Be Fit</p> <p>4:10 Guess Who?</p>	<p>9:30 Exercise 26</p> <p>10:00 UNO Game</p> <p>11:00 Flower Arranging</p> <p>1:00 Rick Steves</p> <p>1:30 Bookmark Craft</p> <p>2:00 Tea Time</p> <p>3:30 Stretch &amp; Be Fit</p>
<p>9:30 Exercise 27</p> <p>10:10 Coloring Relaxation</p> <p>Strawberry Painting</p> <p>1:00 Rick Steves</p> <p>2:00 King in the Corner</p> <p>3:30 Jenga Game</p> <p>4:00 Exercise</p>	<p>9:30 Exercise 28</p> <p>10:00 Charade Game</p> <p>11:00 Hedy Lamarr Documentary</p> <p>1:00 Floral Design Art</p> <p><b>2:00 Mary's Book Club</b></p> <p>3:30 Exercise</p> <p>4:00 Show &amp; Tell</p>	<p><b>*Reminder: Snack &amp; Drink are available each day in living room*</b></p>				