



# MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alexander Gardens Assisted Living, 2120 Santa Barbara St. Santa Barbara CA 93105  *Activities are subject to change*		9:30 Exercise 1 10:10 Bingo 11:10 Blackjack Time 1:30 Stretch & Be Fit 2:00 King in the Corner 3:00 Movie Matinee	9:30 Virtual Exercise 2 10:10 Coloring Relaxation 11:00 King in the Corner 1:00 Movie Matinee 3:30 Stretch & Be Fit 4:00 Rick Steves Show	9:30 Exercise 3 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 ASL Learning 2:00 Lion Watercolor Art 3:30 Stretch & Be Fit 4:10 Name 3 Things	9:30 Exercise 4 10:00 SB History 11:00 Letter Ball Game 1:30 Cooking Club 2:30 Connect Four 3:30 Stretch N' Be Fit 4:10 Guess the Song	9:30 Exercise 5 10:10 Name 3 Things 11:00 Flower Arranging 1:00 Word Search Fun 2:00 Westmont College 3:30 Stretch & Be Fit 4:15 Rainbow Painting
9:30 Exercise 6 10:00 Charade Game 11:00 Math Solving Fun 1:00 Checkers Game 2:00 Cooking Club 3:30 Stretch & Be Fit 4:10 Trivia	9:30 Exercise 7 10:00 Short Stories 11:00 Alexander G. Bell Documentary 1:30 Show & Tell 2:15 Karaoke Fun 3:30 Stretch N' Be Fit	9:30 Exercise 8 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Word Search Fun 2:30 International Women's Day Talk 3:30 Stretch & Be Fit 4:10 ASL Learning	9:30 Exercise 9 10:10 Mystery Jar Guess 11:10 Card Bingo 1:00 UNO Game 2:00 Guess Who? 3:30 Stretch & Be Fit 4:10 Earring Making Fun	9:30 Exercise 10 10:10 Bingo 11:10 Blackjack Time 1:00 King in the Corner 2:00 Umbrella Drawing Fun 3:30 Stretch & Be Fit 4:10 Connect Four	9:30 Exercise 11 10:00 Staff Interview 11:00 Music w/ Rod 1:00 AG Store 2:00 Staff Interview 2:30 Share A Photo 3:30 Stretch & Be Fit 4:00 Guess the Price	9:30 Exercise 12 10:00 Today in History 11:00 Maze Worksheet 1:00 Beachball Toss 2:30 Plant A Flower 3:30 Stretch & Be Fit 4:10 Nail Art Fun
9:30 Exercise 13 10:00 Scrabble Fun 11:00 Music Relaxation 1:30 Jewelry Making Fun 2:30 Chess Game 3:30 Stretch & Be Fit 4:10 Memory Tile Game	9:30 Exercise 14 10:00 Share A Photo 11:00 Carole King Documentary 1:30 Butterfly Talk 2:00 Butterfly Painting 3:30 Stretch N' Be Fit 4:10 Brain Games	9:30 Exercise 15 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Forest Painting 2:30 Poland History 3:30 Zumba Fit 4:10 Sandcastle Fun	St. Patrick's Day Party 16 9:30 Exercise 10:10 St. Patrick's Craft 11:30 Word Search Fun 1:30 Happy Hour Fun 2:00 Carole McNeil Music 3:30 Stretch & Be Fit 4:10 Name 3 Things	9:30 Exercise 17 10:10 Bingo 11:10 Blackjack Time 1:00 Trouble Game 2:00 Cooking Club 3:30 Stretch & Be Fit 4:10 Card Making	9:30 Exercise 18 10:00 Geography Trivia 11:00 Resident Council 1:00 Word Search 2:30 Cookie Decorating 3:30 Stretch & Be Fit 4:10 Nail Art Fun	9:30 Exercise 19 10:10 Flower Arranging 11:00 Karaoke Time 1:30 Scrapbook Fun 2:30 Tell A Joke 3:30 Stretch & Be Fit 4:10 Guess the Song
9:30 Exercise 20 10:00 Cat Painting 11:00 Letter Making 1:30 Tell A Story 2:30 Jenga Game Fun 3:30 Stretch & Be Fit 4:10 Letter Ball Toss	9:30 Exercise 21 10:00 Trivia 11:00 Teddy Roosevelt Documentary 1:30 Lotion Making DIY 2:30 Karaoke Time 3:30 Stretch N' Be Fit	9:30 Exercise 22 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Charade Game 2:30 Name 3 Things 3:30 Stretch & Be Fit 4:10 Vinyl of the Day	9:30 Exercise 23 10:00 Puppy Dog Painting 11:00 Chess Game 12:00 National Tamale Day 1:30 Relax & Read 2:30 King in the Corner 3:30 Stretch & Be Fit 4:10 Resident Interview	9:30 Exercise 24 10:10 Bingo 11:10 Blackjack Time 1:00 Necklace Making 2:00 Happy Hour Fun 3:30 Stretch & Be Fit 4:10 Guess the Song	9:30 Exercise 25 10:10 History Trivia 11:00 ASL Learning 1:00 AG Store 2:00 Stamp Art Fun 3:00 Walking Club 3:30 Stretch & Be Fit 4:10 Connect Four	9:30 Exercise 26 10:00 Flower Arranging 11:00 Tic Tac Toe Fun 1:30 Scrapbook Fun 2:30 Bingo 3:30 Stretch & Be Fit 4:10 Who Am I? Game
9:30 Exercise 27 10:00 Chess & Checkers 11:00 Music Trivia 1:30 Tissue Paper Craft 2:30 Vinyl of the Day 3:30 Stretch & Be Fit 4:10 Scrabble Fun	9:30 Exercise 28 10:00 Name 3 Things 11:00 Queen Elizabeth Documentary 1:30 Group Puzzle 2:30 Finish the Story 3:30 Stretch & Be Fit 4:10 Charade Game	9:30 Exercise 29 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 AG History Talk 2:30 Happy Hour Fun 3:30 Zumba Chair Fitness 4:10 Egg Watercolor	9:30 Exercise 30 10:00 Mexican Bingo 11:00 Scrabble Fun 1:30 History Trivia 2:30 Snakes & Ladders 3:30 Stretch & Be Fit 4:10 UNO Game	9:30 Exercise 31 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Scrapbook Fun 2:30 Spring Painting 3:30 Stretch & Be Fit 4:10 Share A Photo	*Reminder: Snack & Drink are available each day in living room*	