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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | |
| 1,435 4th Of July Beach Stock Photos, Pictures & Royalty-Free Images -  iStock | | 1,435 4th Of July Beach Stock Photos, Pictures & Royalty-Free Images -  iStock | | | 1  9:30 Exercise  10:10 Butterfly Watercolor  11:00 Guess the Song  1:30 SB Zoo Talk  2:00 Cycling w/ Dan  3:30 Stretch & Be Fit  4:15 | 2  9:30 Exercise  10:10 Flower Arranging  11:00 Word Search  1:30 Reading Relaxation  2:30 King in the Corner  3:30 Disco Exercise  4:15 Coloring Relaxation | |
| 3  9:30 Virtual Exercise  10:30 Coloring Relaxation  11:00 UNO Game  1:30 Group Puzzle  2:00 Titanic Movie | 4  4th of July  9:30 Exercise  10:00 Today in History  11:00 Word Search Fun  1:30 Flag Painting  2:30 Fourth of July Parade Show  4:10 Popcorn Reading | 5 | 6 | 7  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/ Lala  1:30 Trouble Game  2:30 Cooking Club  3:30 Stretch & Be Fit  4:10 History Trivia | 8  July 2022  9:30 Exercise  10:00 Math Warm-Ups  11:00 Resident Interview  2:00 Cycling w/ Dan  2:30 Garden Club  3:30 Stretch & Be Fit  4:00 Singing Club | 9  9:30 Exercise  10:00 Flower Arranging  11:00 Western Bingo  1:30 Cooking Club  2:30 Teatime  3:30 Stretch & Be Fit  4:10 Book Club | |
| 10 | 11  9:30 Exercise  10:00 Today in History  11:00 Elvis Documentary  1:30 Math Games  2:30 Happy Hour  3:30 Stretch & Be Fit  4:10 Popcorn Reading | 12  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/Lala  1:30 Share A Pet Photo  2:30 Bill’s Art Show  3:30 Stretch & Be Fit  4:10 Nail Art Fun  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/ Lala  1:30 Patio: Cow Painting  2:30 UNO Game  3:30 Stretch & Be Fit  4:10 King in the Corner | 13 | 14 | 15 | 16  9:30 Exercise  10:10 Flower Arranging  11:00 Group Puzzle  1:30 Animal Talk: Snake  2:30 Letter Making  3:30 Stretch & Be Fit  4:10 Math Games | |
| 17  9:30 Exercise  10:00 Lake Superior Talk  11:00 Beachball Trivia  1:30 Art Time w/ Melody  2:30 Cooking Club: Ice Cream Sundae  3:30 Stretch & Be Fit  9:30 Exercise  10:00 Bracelet Making  11:00 Kitten Painting  1:30 Crossword Puzzle  2:30 Coffee & Convo  3:30 Stretch & Be Fit  4:10 Scrabble Game | 18 | 19  9:30 Exercise  10:10 Bingo  11:00 Blackjack w/ Lala  1:30 Coffee & Conversation  2:30 Earring Making Fun  3:30 Stretch & Be Fit | 20  9:30 Exercise  10:00 Share A Photo  11:00 Word Scramble  1:30 Barbershop Quartet Day: Music  2:00 Paint a Flower  3:30 Stretch & Be Fit  4:10 Charade Game  9:30 Exercise  10:00 Math Games  11:00 Chess Game  1:30 Planet Trivia  2:00 Moon Discussion  3:30 Stretch & Be Fit  4:10 Sandcastle Fun | 21  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/ Lala  1:00 UNO Game  2:00 Stretch & Be Fit  3:00 Movie Matinee  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/ Lala  1:30 Patio: Music Time  2:30 Felix the Cat Drawing  3:30 Exercise & Stretch  4:10 Book Club | 22  9:30 Exercise  10:10 Horse Painting  **11:00 Resident Council**  1:30 AG Store  2:00 Cycling w/ Dan  3:30 Stretch & Be Fit  4:10 Charade Game  3:30 Stretch & Be Fit  4:10 Nail Art Fun  9:30 Exercise  10:10 Beachball Toss  11:10 Guess the Celebrity  1:30 Candyland Game  2:30 Checkers Game  3:30 Stretch & Be Fit  4:10 Bookmark Making | 23  National Cowboy Day  9:30 Exercise  10:10 Western Bingo  11:10 UNO Game  1:00 John Wayne Movie  3:30 Exercise Time  4:10 Guess the Actor | |
| 24  9:30 Exercise  10:00 Amelia Earhart Talk  11:00 Plane Painting  1:30 Amelia Earhart Video  2:30 Coffee & Convo  3:30 Exercise | 25  9:30 Exercise  10:00 Movie Trivia  11:00 Judy Garland Video  1:30 UNO Game  2:30 Wine & Paint Party  4:00 Stretch & Be fit  9:30 Exercise  10:00 Name 3 Things  11:00 John Denver Video  1:30 Necklace Making  2:30 Coral Reef Talk  3:30 Stretch N’ Be Fit  4:10 Guess the Song | 26  9:30 Exercise  10:10 Bingo  11:00 Blackjack w/ Lala  2:30 Picnic Party  3:30 Stretch & Be Fit  4:10 U.S. History Trivia | 27  9:30 Exercise  10:00 Karaoke Fun  11:00 Mexican Bingo  1:30 Scrapbook Fun  2:30 Teatime Chat  3:30 Stretch & Be Fit  4:10 Mancala Game | 28  9:30 Exercise  10:10 Bingo  11:10 Blackjack w/ Lala  1:30 Beanbag Toss  2:30 Charade Game  3:30 Exercise & Stretch  4:10 Earth Discussion | 29  9:30 Exercise  10:10 Pi Day: Math Games  11:00 Puzzle Fun  1:30 Book Club  2:00 Cycling w/ Dan  2:30 Beachball Trivia  3:30 Stretch & Be Fit  4:10 Stamp Art | 30  9:30 Exercise  10:10 Bingo  11:10 Polka Dot Painting  1:30 Friendship Bracelets  2:30 Happy Hour  3:30 Stretch & Be Fit  4:10 Guess the Song |

Alexander Gardens Assisted Living, 2120 Santa Barbara St. Santa Barbara CA 93105

\***Activities are subject to change**\*

\*Reminder: Snack & Drink are available each day in living room\*

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9:30 Exercise

10:00 History Talk

11:00 Tree Painting

1:30 Cooking Club: Guacamole Making

3:30 Stretch & Be Fit

National Lipstick Day

9:30 Exercise

11:00 Music w/ Rod

1:30 AG Store

2:00 Cycling w/ Dan

3:30 Dance Exercise

4:15 Watercolor Fun