

September 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*				1 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Popsicle Bookmark 2:30 Arts & Crafts 3:30 Stretch & Be Fit	2 9:30 Exercise 10:00 ASL Learning 11:00 Karaoke Time 1:30 Hummingbird Painting 2:00 Cycling w/ Dan 3:30 Exercise Time 4:10 Charade Game	3 9:30 Exercise Time 10:00 Word Scramble 11:00 Flower Arranging 1:30 Old Time Radio Show 2:30 Health Talk 3:30 Exercise Time
4 9:30 Exercise 10:00 National Wildlife Day 11:00 Scrabble Fun 1:30 Nail Art Fun 2:30 Art w/ Melody 3:30 Exercise Time	5 Labor Day 9:30 Exercise 10:00 Jenga Game 12:30 Labor Day BBQ 1:30 Watercolor Fun 2:30 Today in History 3:30 Stretch & Be Fit	6 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Reading Relaxation 2:30 Book Club 3:30 Stretch & Be Fit 4:10 Memory Game	7 9:30 Exercise 10:00 UNO Game 2:00 Happy Hour & Convo 2:00 Titanic Movie 3:30 Coloring Relaxation 4:00 Word Search Fun	8 9:30 Exercise 10:10 Bingo 1:00 Rick Steve's Show 2:30 Music w/ Rod 3:30 Stretch & Be Fit 4:10 UNO Game & Checkers Game Fun	9 9:30 Exercise 10:00 Movie of the Day 1:30 Bingo Time 2:00 Cycling Trip 3:30 Stretch & Be Fit 4:10 Music Relaxation	10 9:30 Exercise 10:00 Flower Arranging 11:00 Music Relaxation 1:30 UNO Game 2:30 Snack & Convo 3:30 Stretch & Be Fit 4:10 Scrabble
11 9:30 Exercise 10:00 Word Scramble Fun 11:00 Letter Making Fun 1:30 UNO Game 2:30 Grandparent's Day Happy Hour 3:30 Stretch & Be Fit	12 9:30 Exercise 10:00 Word Scramble 11:00 Orchestra Video 1:30 Outside Relaxation 2:30 Group Puzzle 3:30 Stretch & Be Fit 4:10 King in the Corner	13 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Create A Photo Frame 2:30 Show & Tell 3:30 Exercise Time	14 9:30 Exercise 10:00 ASL Learning 11:00 Guess the Painter 1:30 Share A Memory 2:30 Outside Painting Fun 3:30 Stretch & Be Fit 4:10 Movie Trivia	15 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Wear A Hat Day 2:00 Stretch & Be Fit 3:30 Dot Painting Fun 4:10 Guess the Song	16 9:30 Exercise 10:10 Health Talk 11:00 Resident Council 1:30 Cooking Club: Guacamole 2:00 Cycling Trip 3:30 Stretch & Be Fit	17 9:30 Exercise 10:10 Flower Arranging 11:00 Ladybug Painting 1:30 World Dance Day 2:30 ASL Learning 3:30 Stretch & Be Fit 4:10 Reading Relaxation
18 9:30 Exercise 10:00 Climate Change Talk 11:00 Scrapbook Fun 1:30 U.S. Map Challenge 2:30 Coffee & Convo 3:30 Stretch & Be Fit	19 9:30 Exercise 10:00 News of the Day 11:00 History Video 1:30 Math Solving Fun 2:30 Sea Otter Painting 3:30 Stretch N' Be Fit 4:10 Guess the Flag	20 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 12:00 Pizza Party Lunch 1:30 Poetry Workshop 2:30 Share A Photo 3:30 Exercise Time	21 9:30 Exercise 10:00 Go Fish Game 11:00 Jenga Game 1:30 SB Reading 2:30 Guess the Logo 3:30 Stretch & Be Fit 4:10 Beachball Trivia	22 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Stamp Art Fun 3:00 Happy Hour Time 3:30 Exercise & Stretch 4:10 Tie Dye Making	23 9:30 Exercise 10:10 ASL History Talk 11:00 Group Discussion 1:30 ASL Learning 2:00 Cycling Trip 3:30 Stretch & Be Fit 4:10 Guess the Song	24 9:30 Exercise 10:10 Flower Arranging 11:00 National Rabbit Day 1:30 Math Solving Fun 2:30 Share Wedding Photo 3:30 Stretch & Be Fit 4:10 Name the Price
25 9:30 Exercise 10:00 National Deaf Day 11:00 River Talk 1:30 ASL Learning 2:30 Jewelry Making Fun 4:00 Stretch & Be Fit	26 9:30 Exercise 10:00 Solve the Riddle 11:00 History Video 1:30 UNO Game 2:30 Checkers Fun 3:30 Beachball Exercise 4:15 Guess the Actor	27 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 National Ancestor Appreciation Day Talk 2:30 Mancala Game 3:30 Exercise Time	28 9:30 Exercise 10:10 Mexican Bingo 11:00 Share A Pet Photo 1:00 Spa Day Relaxation 2:00 Music w/ Carole 3:00 Lotion Making 4:00 Chair Yoga	29 9:30 Exercise 10:10 Today in History 11:00 Health Talk 2:30 Art w/ Tonya 3:30 Stretch & Be Fit 4:10 Tell A Joke	30 9:30 Exercise 10:10 Koala Painting 11:00 Group Discussion 1:30 Book Club 2:00 Cycling Trip 2:30 Happy Hour 3:30 Stretch & Be Fit	*Reminder* Snack & Drink are available each day in living room

