

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year! 1 9:30 Exercise 10:10 Music Relaxation 11:00 Reading Time 1:30 Movie Matinee 4:15 UNO Game 4:45 Dinner Time	2 9:30 Exercise 10:00 Word Scramble 11:00 History Video 1:00 Movie Matinee 3:30 New Year Resolution Talk 4:00 Exercise	3 9:30 Exercise 10:00 Bingo Time 11:00 Blackjack w/ Lala 1:30 Coffee & Convo 3:30 Yoga Relaxation 4:10 Knitting Club	4 9:30 Exercise 10:00 Hangman Game 11:00 Sing Along Fun 1:30 Scrabble Fun 3:30 Exercise Time 4:10 Connect Four	5 9:30 Exercise 10:00 Bingo 11:00 Blackjack w/ Lala 1:30 Bird Painting 3:30 Exercise Time 4:10 Italian Learning	6 9:30 Exercise 10:00 Vinyl of the Day 11:00 Group Puzzle 1:30 History Talk 2:00 Cycling Trip w/ Dan 3:30 Exercise Time 4:10 Bracelet Making	7 9:30 Exercise Time 11:00 Flower Arranging 1:00 Resident Interview 2:00 Who Said That? 3:00 Exercise Time 3:30 Movie Matinee
8 9:30 Exercise 10:00 Waltz Dancing Video 11:00 Word Search 1:30 Painting Relaxation 2:30 Math Worksheet 3:30 Exercise Time	9 9:30 Exercise 10:00 Today in History 11:00 National Geographic Video 1:30 Knitting Club 2:30 ASL Learning	10 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Share A Story 2:30 Write A Poem 3:30 Stretch & Be Fit 4:10 Beachball Trivia	11 9:30 Exercise 10:00 Italian Learning 11:00 Loteria Game 1:30 Group Puzzle Fun 2:30 Teatime Convo 3:30 Zumba Fun	12 9:30 Exercise 10:30 Music w/ Rod 11:30 Trivia 1:30 Jewelry Making Fun 3:30 Stretch & Be Fit 4:10 Recipe Sharing	13 9:30 Exercise 10:00 Sticker Craft 11:00 Scrapbook Fun 1:30 AG Store 2:00 Cycling w/ Dan 3:30 Stretch & Be Fit 4:10 Share A Pet Photo	14 9:30 Exercise 10:00 Flower Arranging 11:00 Reading Relaxation 1:30 King in the Corner 2:30 Connect Four Game 3:30 Stretch & Be Fit
15 9:30 Exercise 10:00 Watercolor Fun 11:00 King in the Corner 1:30 Poem Worksheet 2:00 TeaTime 3:30 Stretch & Be Fit	Martin Luther King Jr. Day 16 9:30 Exercise 10:00 Letter Ball Game 11:00 History Video 1:30 Knitting Club 3:30 Exercise Time	17 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Popeye the Sailor Man Day 2:30 Coloring Relaxation 3:30 Stretch & Be Fit	18 9:30 Exercise 10:00 National Winnie the Pooh Day 10:30 Painting Relaxation 11:00 Math Worksheet 1:30 Coffee & Convo 3:30 Exercise Time	19 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:00 Movie Matinee Drive in Style 3:30 Rock n' Roll Exercise 4:15 Guess the Song	20 9:30 Exercise 10:10 Penguin Painting 11:00 Resident Council 1:30 Walking Club 2:00 Cycling Trip 3:30 Stretch & Be Fit 4:00 Letter Ball Game	21 9:30 Exercise 10:10 Flower Arranging 11:00 Reading Relaxation 1:30 Loteria Bingo 2:30 Knitting Club 3:30 Stretch & Be Fit 4:10 Group Puzzle
22 9:30 Exercise 10:00 History Talk 11:00 Checkers Game 1:30 Movie Matinee 3:30 Exercise Time 4:30 Movie Trivia	23 9:30 Exercise 10:00 Today in History 11:00 Hollywood Video 1:30 Connect Four 2:30 National Pie Day 3:30 Stretch N' Be Fit 4:10 Share A Photo	24 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Book Club 2:30 Knitting Club 3:30 Exercise Time 4:10 Karaoke Fun	25 9:30 Exercise 10:00 Show & Tell 10:30 ASL Learning 1:30 King in the Corner 2:30 Art Talk 3:30 Stretch & Be Fit 4:10 Scrabble Fun	26 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 NASA History Talk 2:30 Art w/ Tonya 3:30 Zumba Fun 4:10 Guess that Movie	27 9:30 Exercise 10:10 History Talk 11:00 National Wear A Wig Day 1:30 AG Store 2:00 Cycling Trip 3:30 Stretch & Be Fit	28 9:30 Exercise 10:10 Flower Arranging 11:00 Bookmark Craft 1:30 Butterfly Painting 2:30 Karaoke Fun 3:30 Exercise
29 9:30 Exercise 10:30 Cat Painting 11:00 Jewelry Making Fun 1:30 Knitting Club 3:30 Exercise Time 4:30 Today in History	30 9:30 Exercise 10:00 Newspaper Reading 11:00 SB History Video 1:30 Story Telling Exercise 2:30 Exercise Time	31 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Zebra Painting 2:30 Hot Cocoa & Convo 3:30 Zumba Fun 4:10 Book Club	Alexander Gardens Assisted Living 2120 Santa Barbara St. Santa Barbara CA 93105 *Activities are subject to change*			