



March 2023



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 10:00 Word Scramble 11:00 UNO Game 1:30 Bingo Time 3:30 Exercise Time 4:10 Coloring	2 9:30 Exercise 10:00 Bingo 11:00 Blackjack w/ Lala 1:30 Dr. Seuss Day 3:30 Exercise Time 4:10 Show & Tell	3 10:00 Exercise 11:00 Today in History 1:30 Humane Society Presentation 2:00 Cycling Trip w/ Dan 3:30 Exercise Time 4:10 Beachball Trivia	4 10:00 Virtual Exercise 11:00 Flower Arranging 1:00 Movie Matinee 3:30 Word Search Fun
5 10:00 Virtual Exercise 11:00 Coloring Relaxation 1:00 Movie Matinee 3:30 Connect Four	6 9:30 Exercise 10:00 Charade Game 11:00 History Video 1:30 Guam History Talk 2:00 Tea Party Time 3:30 Exercise Time	7 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Alexander Graham Bell Day 2:30 Book Club 3:30 Stretch & Be Fit	8 9:30 Exercise 10:30 Shamrock Art 11:30 Jewelry Making 1:00 Word Search 2:00 Music w/ Carole 3:30 Exercise Time	9 9:30 Exercise 10:00 Bingo 10:45 Movie Matinee 11:00 SB Mission Tour 3:30 Stretch & Be Fit 4:10 Jenga Game Fun	10 9:30 Exercise 10:00 Gold Art 1:30 AG Store 2:00 Cycling w/ Dan 2:15 Karaoke Time 3:30 Stretch & Be Fit 4:10 Show & Tell	11 10:00 Virtual Exercise 11:00 Flower Arranging 1:00 Movie Matinee 3:30 Jenga Game Fun
12 10:00 Virtual Exercise 11:00 Coloring Relaxation 1:00 Movie Matinee 3:30 Math Worksheet Fun	13 9:30 Exercise Time 10:00 Word Scramble 11:00 National Geographic 1:00 King in the Corner 2:00 K9 Veterans History Talk 3:30 Stretch & Be Fit	14 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Arts & Crafts Time 2:30 Resident Interview 3:30 Stretch & Be Fit 4:10 Knitting Club	15 9:30 Exercise 10:00 Scrabble Fun 11:30 King in the Corner 1:30 Pot of Gold Coloring Relaxation 2:30 Staff Interview 3:30 Exercise Time	16 9:30 Exercise 10:10 Bingo 11:10 Blackjack Time 1:00 Connect Four 3:30 Stretch & Be Fit 4:15 Nail Art Fun	17 St. Patrick's Day 9:30 Exercise 10:00 Wear Green Day 11:00 Shamrock Word Search 2:00 Cycling Trip 2:30 Happy Hour Fun	18 9:30 Exercise 10:00 Letter Ball Game 11:00 Flower Arranging 1:00 Scrabble Fun 2:00 UNO Game 3:30 Sudoku Game
19 10:00 Virtual Exercise 11:00 Coloring Relaxation 1:00 Movie Matinee 3:30 Paint By Number	20 9:30 Exercise 10:00 Flower Painting 11:00 National Geographic Video 1:30 Learn French Fun 2:30 Happy Hour Time 3:30 Exercise	21 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Bookmark Craft 2:30 Resident Interview 3:30 Exercise Time 4:10 Bird Feeder Craft	22 9:30 Exercise 10:00 Scrapbook Fun 10:30 Book Club 1:30 Walking Club 3:30 Stretch & Be Fit 4:10 Vinyl of the Day	23 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Walking Club 2:30 Flower Drawing 3:30 Zumba Fun 4:10 Knitting Club	24 9:30 Exercise 10:10 Today in History 11:00 Resident Council 1:30 AG Store 2:00 Cycling Trip 2:30 Karaoke Fun 3:30 Exercise Time	25 10:00 Virtual Exercise 11:00 Flower Arranging 1:00 Movie Matinee 3:30 Word Search Fun
26 10:00 Virtual Exercise 11:00 Music Relaxation 1:00 Movie Matinee 3:30 Memory Tile Game	27 9:30 Exercise 10:00 World Theatre Talk 11:00 National Geographic 1:30 Book Club 2:30 Exercise Time	28 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Geometric Tape Painting 2:30 Photo Collage 3:30 Zumba Time	29 9:30 Exercise 10:00 Mermaid Talk 10:30 Mermaid Coloring Relaxation 1:30 Math Worksheet Fun 3:30 Stretch & Be Fit	30 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Walking Club 2:30 ASL Learning Fun 3:30 Zumba Fun 4:10 Share A Photo	31 10:00 Exercise 11:00 Scrapbook Fun 1:30 Tea Party 2:00 Cycling Trip w/ Dan 3:30 Exercise Time 4:10 Share A Pet Photo	