



MAY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder Snack & Drink are available every day at 2:30pm in the living room.	9:30 Exercise Time 1 11:00 Word Scramble Worksheet 1:30 Coloring Relaxation 2:00 Scrabble Fun 3:30 Exercise Time	9:30 Exercise 2 10:10 Bingo Fun 11:10 Blackjack w/ Lala 1:30 Go Fish! Game 2:00 Checkers Game 3:30 Exercise Time	9:30 Exercise Time 3 10:30 Book Club 11:30 Geography Trivia 1:30 Vinyl of the Day 2:00 Memory Match Game 3:30 Exercise Time	9:30 Exercise 4 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Dave Brubeck Day 2:30 World Scramble 3:30 Stretch & Be Fit 4:10 Charade Game	9:30 Exercise 5 10:00 Loteria Game 11:00 Cinco De May Talk 1:30 King in the Corner 2:30 Cinco De Mayo Happy Hour 3:30 Exercise Time	9:30 Exercise 6 10:30 Flower Arranging 11:30 Resident Interview 1:30 Bingo 2:30 UNO Game 3:00 Movie Matinee
9:30 Exercise 7 10:30 Today in History 11:00 Word Scramble 1:30 Book Club 2:00 Exercise 3:00 Movie Matinee	9:30 Exercise Time 8 11:00 National Geographic Video 1:30 Vinyl of the Day 2:30 Scrapbook Fun 3:30 Exercise Time	9:30 Exercise 9 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Button Craft 2:30 UNO Game 3:30 Stretch & Be Fit 4:10 History Trivia	9:30 Exercise 10 10:10 Earring DIY Fun 11:00 Movie Trivia 1:30 Wooden Craft Painting 2:30 Walking Club	9:30 Exercise 11 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Book Club 2:30 King in the Corner 3:30 Stretch & Be Fit 4:10 Actor Trivia	9:30 Exercise 12 10:00 Karaoke Fun 11:00 Scrabble Fun 2:00 Cycling w/ Dan 2:30 Mother's Day Tea Party 4:00 Stretch & Be Fit	9:30 Exercise 13 10:30 Flower Arranging 11:00 Movie Trivia 1:30 Bingo 2:00 Exercise Time 3:00 Movie Matinee
Mother's Day 14 10:00 Virtual Exercise 11:00 Knitting Club 1:30 King in the Corner 3:00 Movie Matinee	9:30 Exercise Time 15 10:30 Today in History 11:00 Hollywood Collection Video 1:30 Painting Relaxation 2:00 Jenga Game 3:30 Stretch & Be Fit	9:30 Exercise 16 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Today in History 2:00 Music w/ Carole 3:30 Quick! Draw Game 4:10 Exercise Time	9:30 Exercise 17 10:00 Write A Poem 11:00 Greeting Card DIY 1:30 ASL Learning 2:30 Walking Club 3:30 Stretch & Be Fit 4:10 Jenga Game	9:30 Exercise 18 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Paint by Number 2:30 Math Worksheet Fun 3:30 Stretch & Be Fit 4:15 UNO Game	9:30 Exercise 19 10:00 World News 11:00 Resident Council 1:30 AG Store 2:00 Cycling w/ Dan 3:30 Stretch & Be Fit 4:10 Walking Club	9:30 Exercise 20 10:30 Flower Arranging 11:00 Bingo Time 1:30 Connect Four 2:00 Exercise Time 3:00 Movie Matinee
9:30 Exercise 21 10:30 Fruit Painting 11:00 Today in History 1:30 Group Puzzle 2:00 Exercise 3:00 Movie Matinee	9:30 Exercise 22 10:00 History Trivia 11:00 Judy Garland Video 1:30 Group Puzzle 2:30 Shark Talk 3:00 Ocean Watercolor 4:00 Stretch & Be Fit	9:30 Exercise 23 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 World Turtle Day Talk 2:30 Turtle Dot Painting 3:30 Exercise Time	9:30 Exercise 24 10:00 Nail Art Fun 11:00 Group Puzzle 1:30 Today in History 3:30 Stretch & Be Fit 4:10 Knitting Club	9:30 Exercise 25 10:30 Music w/ Rod 12:00 Memorial Day BBQ Lunch 1:30 Flower Painting 2:30 Connect Four 3:30 Stretch & Be Fit	9:30 Exercise 26 10:00 Jewelry Club 11:00 Scrapbook Fun 2:00 Cycling w/ Dan 2:30 Happy Hour Fun 3:30 Stretch & Be Fit 4:10 Sandcastle Fun	9:30 Exercise 27 10:30 Flower Arranging 11:00 Jewelry Creations 1:30 Memory Match Game 2:00 Exercise Time 3:00 Movie Matinee
9:30 Exercise 28 10:00 Bird Talk 11:00 Bird Painting 1:30 Beachball Toss 2:30 Nail Art Fun 3:00 Movie Matinee	Memorial Day 29 9:30 Exercise 11:00 Memorial Day Video 1:30 Scrabble Game 3:30 Exercise Time	9:30 Exercise 30 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Arts & Crafts 2:30 Beachball Toss 3:30 Stretch & Be Fit (Outside Patio)	9:30 Exercise 31 10:00 Spelling Bee Game 11:00 World Parrot Day 1:30 Parrot Painting 3:30 Stretch & Be Fit 4:10 Beachball Trivia	Alexander Gardens Assisted Living 2120 Santa Barbara St. Santa Barbara CA 93105 *Activities are subject to change*		