



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2023</h1>					9:30 Exercise 1 10:00 Scrabble Fun 11:00 ABC Game 1:30 Guess the Song 2:00 Cycling w/ Dan 3:00 Piano Performance	11:00 Exercise Time 2 11:30 Hummingbird Coloring Relaxation 1:30 Karaoke Fun 2:30 Connect Four 3:00 Stretch & Be Fit
9:30 Virtual Exercise 3 10:00 Skyscraper Painting 1:30 UNO Game 2:30 Connect Four 3:00 Movie Matinee	Labor Day 4 9:30 Movie of the Day 1:30 Stretch & Be Fit 2:30 Wildlife Coloring Relaxation 3:30 Jenga Game 4:00 Word Search Fun	9:30 Exercise w/ Kelly 5 11:00 Bingo 11:00 Blackjack w/ Lala 1:30 Scrabble Fun 2:30 Movie Trivia 3:30 Stretch by the Patio 4:00 Beachball Toss	9:30 Exercise 6 10:00 Reading Relaxation 11:00 Word Scramble 1:30 Show & Tell 2:30 Vinyl of the Day 3:30 Stretch & Be Fit 4:00 UNO Game	9:30 Exercise w/ Kelly 7 11:00 Bingo 11:00 Blackjack w/ Lala 1:00 Trippin' in the Van 2:30 Happy Hour Fun 3:30 Stretch by the Patio 4:00 Caregiver Interview	9:30 Exercise 8 10:00 Group Puzzle 11:00 Jenga Fun 1:30 AG Store 2:00 Cycling Trip 3:30 Exercise by the Patio 4:00 Geography Trivia	9:30 Virtual Exercise 9 10:00 Flower Arranging 11:00 Coloring Relaxation 1:30 UNO Game 2:30 Jenga Game 3:00 Movie Matinee
9:30 Virtual Exercise 10 10:00 Coloring Relaxation 1:30 Poetry Worksheet 2:30 Grandparents Day Happy Hour 3:00 Movie Matinee	9:30 Exercise 11 10:00 Word Scramble 11:00 National Geographic 1:30 Karaoke Fun 2:30 Show & Tell 3:30 Exercise by the Patio 4:00 Beachball Toss	9:30 Exercise 12 10:00 Bingo 11:10 Blackjack w/Lala 1:30 Connect Four 2:30 Teddy Bear Coloring 3:30 Stretch & Be Fit (Patio Area)	9:30 Exercise 13 10:00 Share A Photo 11:00 Finish the Story 1:00 King in the Corner 2:00 Trippin' in the Van 3:30 Stretch & Be Fun 4:00 Knitting CLub	9:30 Exercise 14 10:00 Bingo 11:00 Blackjack w/ Lala 1:00 Word Scramble 2:00 Spanish Lesson 2:30 Spanish Worksheet 3:30 Stretch & Be Fit	9:30 Exercise 15 10:10 Did You Know? 11:00 Resident Council 1:30 Décor A Hat Day 2:00 Cycling Trip 2:30 Nail Art Fun 3:30 Exercise Time	9:30 Exercise 16 10:10 Flower Arranging 11:00 Bingo 1:30 Word Scramble 2:30 Stretch & Be Fit 3:00 Movie Matinee
9:30 Exercise 17 10:00 Painting by the Patio 1:30 Dance Chair Exercise 2:30 Bird Coloring Art 3:00 Movie Matinee	9:30 Exercise 18 10:00 ABC Game 11:00 Hollywood Collection Video 1:30 Write A Letter 2:30 Coffee & Conversation 3:30 Stretch & Be Fit	9:30 Exercise 19 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Walking Club 2:30 U.S. Air Force Day 3:30 Exercise Time 4:10 ASL Learning	Hawaiian Party 20 9:30 Exercise 10:30 Music w/ Rod 1:30 Hawaiian Flower Art 2:30 Happy Hour 3:30 Stretch & Be Fit (Hula) 4:00 Hawaii Word Search	9:30 Exercise 21 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Trippin' in the Van 2:30 Gratitude Cards 3:30 Stretch & Be Fit 4:00 Basket Game	9:30 Exercise 22 10:10 Vinyl of the Day 1:30 Piano Relaxation 2:00 Cycling Trip 2:30 AG Store 3:30 Exercise Time 4:10 Write A Poem	9:30 Exercise 23 10:10 Flower Arranging 11:00 Book Club 1:30 Letter Ball Game 2:30 Stretch & Be Fit 3:00 Movie Matinee
9:30 Exercise 24 10:00 Bingo Time 1:30 King in the Corner 2:30 Checkers Game 3:30 Movie Matinee	9:30 Exercise 25 10:00 Word Scramble 11:00 National Geographic 1:30 Guess the Song "One-Hit Wonders" 2:30 Word Search 3:30 Resident Interview	9:30 Exercise 26 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Caregiver Interview 2:30 Knitting Club 3:30 Stretch & Be Fit 4:10 Show & Tell	9:30 Exercise 27 10:00 Ancestor Appreciation Day 11:00 Guess the Actor 2:00 Scrapbook Fun 2:30 Ice Cream by the Patio 3:30 Stretch & Be Fun	9:30 Exercise 28 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Scrapbook Fun 2:30 Art w/ Tonya 3:30 Stretch & Be Fit 4:10 Math Worksheet	9:30 Exercise 29 10:00 Karaoke Time 11:00 Fall Scrapbook Fun 1:30 History Trivia 2:30 Coffee & Conversation 3:30 Sit & Be Fit 4:00 Quick! Draw Game	9:30 Exercise 30 10:00 Bingo Time 11:00 Connect Four 2:30 Garden Painting (Patio Area) 3:00 Movie Matinee

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

Activities are subject to change