Alexander Gardens
ASSISTED LIVING
2120 Santa Barabara St,
Santa Barbara CA 93105
Lic #425801995

*Activities are Subject to Change
-Light Refreshments are served everyday at 2:30 pm-

November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 Rise & Stretch 1:00 Coloring Table 3:00 Nature stroll 4:00 Traveling Show	2 9:30 Exercise **10:30 Chats with Gary** 12:30 Bingo Hour 2:00 Afternoon Art	3 9:30 Chair Yoga 11:00 Carpet Bowling 1:00 Word Scrabble **2:30 Art with Ella**	4 9:30 Flex & Flow 10:30 Daily Devotional **12:30 Ping Pong** **1:30 Clay Painting**	5 9:30 Fitness Hour 10:30 Bible Study 1:00 Creative Hour **2:30 Music w/ Stefana**	6 9:30 Virtual Exercise **10:00 Cycling w/o Age** 1:00 Relaxing Music 2:00 Art Table	7 9:30 Move w/ Maya 10:30 Wreath Making 12:30 Afternoon Stretch 2:00 Movie Matinee
8 11:00 Deep Breathing 1:00 Project Table 3:00 Take a walk 4:00 Cooking Show	9 9:30 Move your Body **10:30 Music with Teka** 12:30 Stoytime & Tea 2:00 Botanic Art Hour	10 9:30 Weighted Workout **11:00 Sound Healing** **1:00 Dog Therapy Visit** 2:00 DIY Gift Making	11 9:30 Flex & Flow **11:00 Bread Making** **12:30 Road Trippin** **2:00 Ping Pong**	12 9:30 Fitness Hour 10:30 Bible Study **1:30 Bake with Lala** 3:00 Afternoon Yoga	13 9:30 Virtual Exercise **10:00 Cycling w/o Age** 1:00 Radio Show 2:00 Art Table	14 9:30 Move w/ Maya 10:30 Wood Painting 12:30 Trivia Hour 2:00 Movie Matinee
15 11:00 Rise & Stretch 1:00 Coloring Table 3:00 Nature stroll 4:00 Traveling Show	16 9:30 Exercise **10:30 Chats with Gary** 12:30 Bingo Hour 2:00 Afternoon Art	17 9:30 Chair Yoga 11:00 Carpet Bowling 1:00 Parachute Time **2:30 Art with Ella**	18 9:30 Flex & Flow **11:00 Chats with Mitch** **12:30 Ping Pong** **1:30 Paper Art**	19 9:30 Fitness Hour **10:45 Music with Rod** **1:30 Ornament Making with Terri** 3:30 Memory Game	20 9:30 Virtual Exercise **10:00 Cycling w/o Age** 1:00 Relaxing Music 2:00 Art Table	21 9:30 Move w/ Maya 10:30 Bedazzling Art 12:30 Afternoon Stretch 2:00 Movie Matinee
22 11:00 Deep Breathing 1:00 Project Table 3:00 Take a walk 4:00 Cooking Show	23 9:30 Move your Body **10:30 Music with Teka** 12:30 Afternoon Art 2:00 Radio Hour	24 9:30 Weighted Workout **11:00 Sound Healing** **1:00 Dog Therapy Visit** 2:00 DIY Wrapping Paper	25 9:30 Flex & Flow 10:30 Short Story **12:00 Thanksgiving Lunch Gathering** **1:00 Gratitude Share**	**Happy Thanksgiving!** 26 9:30 Fitness Hour 10:30 Bible Study **1:30 Corn Husk Dolls** 3:00 Afternoon Yoga	27 9:30 Virtual Exercise **10:00 Cycling w/o Age** 1:00 Relaxing Music 2:00 Art Table	28 9:30 Move w/ Maya 10:30 Jewelry Making 12:30 Trivia Hour 2:00 Movie Matinee
29 11:00 Rise & Stretch 1:00 Coloring Table 3:00 Nature stroll 4:00 Traveling Show	30 9:30 Move your Body **10:45 Music with Brandi** 12:30 Afternoon Stretch 2:00 History Channel	31 9:30 Chair Yoga 11:00 Ball Toss 1:00 Bingo Hour 2:00 DIY Gift Bows				

HAPPY BIRTHDAY

11/4 Noe Diosdado
11/17 Marcela Sanchez
11/17 Norma Merrit
11/17 Juan Solis
11/25 Mariela Olmos
11/30 Yasmin Martinez