



# August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*Reminder: Snack &amp; Drink are available each day in living room*</b>	9:30 Exercise <b>1</b> 10:10 Music Trivia 11:00 Julie Andrews Video 1:30 Stamp Art Fun 2:00 Book Club 3:30 Stretch & Be Fit 4:10 Name 3 Things	9:30 Exercise <b>2</b> <b>10:00 Fiesta Flower Girls Visit</b> 11:10 Blackjack w/Lala 1:30 Group Puzzle 2:30 Coloring Relaxation 3:30 Stretch & Be Fit	<b>Fiesta Week 3</b> 9:30 Exercise 10:10 History Trivia 11:00 Old Spanish Days History Talk 1:30 Flower Painting 3:30 Stretch & Be Fit	<b>Fiesta Week 4</b> 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Dot Painting 2:30 Nail Art Fun 3:30 Stretch & Be Fit	<b>Fiesta Week 5</b> 9:30 Exercise 10:10 Scrapbook Fun <b>1:00 Old Spanish Day Parade</b> <b>2:00 Cycling Trip</b> 3:30 Stretch & Be Fit	<b>Fiesta Week 6</b> 9:30 Exercise 10:10 Flower Arranging 11:00 Karaoke Time 1:30 Cute Clown Painting 2:30 Coffee & Conversation 3:30 Stretch & Be Fit
	<b>Fiesta Week 7</b> 9:30 Exercise 10:30 Tile Art 11:30 Fiesta Talk 1:30 Finish the Lyrics 2:30 Happy Hour 3:30 Zumba Time	<b>8</b> 9:30 Exercise 10:00 Guess the Song 11:00 Our Planet: High Seas 1:30 Card Bingo 2:30 Walking Club 3:30 Stretch & Be Fit	<b>9</b> 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/Lala 1:30 Book Club 2:30 Tea Party Time 3:30 Stretch & Be Fit 4:10 Letter Ball Game	<b>10</b> 9:30 Exercise 10:10 Beachball Toss 11:10 Guess the Celebrity 1:30 Cooking Club: S'mores 2:30 Lion Painting 3:30 Stretch & Be Fit 4:10 Scrabble Fun	<b>11</b> 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 President Trivia 2:30 Letter Ball Game 3:30 Stretch & Be Fit 4:10 Magic Watercolor Fun	<b>12</b> 9:30 Exercise 10:00 Elephant Painting <b>1:30 AG Store</b> <b>2:00 Cycling Trip</b> 2:30 Vinyl of the Day 3:30 Stretch & Be Fit 4:10 Charade Game
<b>14</b> 9:30 Exercise 10:00 History Talk 11:00 Card Bingo 1:30 Comic Drawing Lesson 2:30 Math Games 3:30 Stretch & Be Fit 4:10 Go Fish! Game	<b>15</b> 9:30 Exercise 10:00 Today in History 11:00 Paul Anka Video 1:30 Beach Painting 2:30 Word Scramble 3:30 Stretch & Be Fit 4:10 Scrapbook Fun	<b>16</b> 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Polka Dot Painting 2:30 Comedy Hour: Tell A Joke 3:30 Stretch & Be Fit 4:10 History Trivia	<b>17</b> 9:30 Exercise 10:00 Share A Photo 11:00 Word Scramble 1:30 Show & Tell 2:30 Jeopardy Fun 3:30 Stretch & Be Fit 4:10 Geography Trivia	<b>18</b> 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Finish the Story 2:00 Stretch & Be Fit 3:30 Zumba Time 4:10 Movie Trivia	<b>19</b> 9:30 Exercise 10:10 Checkers Game <b>11:00 Resident Council</b> 1:30 National Aviation Day <b>2:00 Cycling Trip</b> 3:30 Stretch & Be Fit 4:10 Chess Game	<b>20</b> 9:30 Exercise 10:10 Flower Arranging 11:00 Honeybee Painting 1:30 Room Name Craft 2:30 Old Time Radio Shows 3:30 Stretch & Be Fit
<b>21</b> 9:30 Exercise 10:00 Group Discussion 11:00 Yoga Session 1:30 Pop-Up Card Craft <b>2:30 National Senior Citizens Day: Happy Hour</b> 3:30 Stretch & Be Fit 4:10 Origami Craft	<b>22</b> 9:30 Exercise 10:00 Today in History 11:00 Buddy Holly Video 1:30 Trouble Game 2:30 UNO Game 3:30 Stretch N' Be Fit 4:10 King in the Corner	<b>23</b> 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Poetry Writing <b>2:30 Picnic Party</b> 3:30 Stretch & Be Fit 4:10 ASL Learning	<b>24</b> 9:30 Exercise 10:00 Guess Who? Game 11:00 Karaoke Time 1:30 Planet Trivia 2:30 Coffee & Conversation 3:30 Stretch & Be Fit 4:10 Drama Club	<b>25</b> 9:30 Exercise 10:10 Bingo 11:10 Blackjack w/ Lala 1:30 Tie Dye Fun 3:00 Sing-along Time 3:30 Exercise & Stretch 4:10 Yoga: Bamboo Garden	<b>26</b> 9:30 Exercise 10:10 History Talk 11:00 Share A Photo 1:30 Crossword Puzzle <b>2:00 Cycling Trip</b> 2:30 Garden Club 3:30 Stretch & Be Fit 4:10 Bean Bag Toss	<b>27</b> 9:30 Exercise 10:10 Flower Arranging 11:00 August Moon Talk 1:30 Cooking Club 2:30 Charade Game 3:30 Stretch & Be Fit 4:10 Name the Price
<b>28</b> 9:30 Exercise 10:00 Guess the Actor 11:00 Plane Painting 1:30 Mystery Trivia <b>2:30 Wine &amp; Paint</b> 4:00 Stretch & Be Fit	<b>29</b> 9:30 Exercise 10:00 Memory Talk 11:00 Women in Science 1:30 Mexican Bingo 2:30 Jenga Game 3:30 Stretch & Be Fit 4:10 Beachball Trivia	<b>30</b> 9:30 Exercise 10:10 Bingo 11:00 Blackjack w/ Lala 1:30 Quick! Draw Game 2:30 Singing Club 3:30 Stretch & Be Fit 4:10 Spelling Bee Game	<b>31</b> 9:30 Exercise 10:10 Bingo 11:00 King in the Corner 1:30 Painting Relaxation <b>2:30 Picnic Fun</b> 3:30 Stretch & Be Fit 4:10 Guess the Song	<b>Alexander Gardens Assisted Living, 2120 Santa Barbara St. Santa Barbara CA 93105</b>  <b>*Activities are subject to change*</b>		

