



Villa Alamar SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 <i>SitFit</i> Aerobics 10:30 Singing Time 1:30 Game Hour 2:30 Bowling Club 3:30 Exercise Class 4:00 World Travel	2 9:00 Hymn Singing 9:30 Guitar w/Alan 10:30 Music w/Gem 1:30 Card Game Club 2:30 Lotteria 3:30 Painting Class	3 9:00 Sing Along 10:30 Bingo 1:00 Pet Therapy 1:30 Ball&Exercise 2:30 Fun w/Arden 3:30 Jenga 4:00 Weekly Newscape	4 9:00 Balloon Volleyball 9:30 Stretch&Balance 10:30 Penny Ante Fun 1:15 Fun w/Lalli 2:30 Sing Along 3:30 Trivia Time	5 9:00 <i>SitFit</i> Aerobics 9:30 Lotteria Game 10:30 Watercolors 1:30 Dominoes 2:30 Fun w/Arden 3:30 Jenga	6 9:00 <i>SitFit</i> Aerobics 9:30 Sing&Dance 10:30 Penny Ante Fun 1:30 Dominoes 2:30 Bowling Club 3:30 Trivia Time	7 9:00 <i>SitFit</i> Aerobics 10:30 Flower Arranging 1:30 Bingo 2:00 Ice Cream Cart 3:30 Game Hour
8 9:30 <i>SitFit</i> Aerobics 10:30 Singing Time 1:30 Game Hour 2:30 Bowling Club 3:30 Exercise Class 4:00 World Travel	9 9:00 Hymn Singing 9:30 Guitar w/Alan 10:30 Music w/Gem 1:30 Card Game Club 2:30 Lotteria 3:30 Drawing class	10 9:00 Sing Along 10:30 Exercises w/Zoe 1:00 Pet Therapy 1:30 Ball&Exercise 2:30 Fun w/Arden 3:30 Bingo 4:00 Weekly Newscape	11 9:00 Balloon Volleyball 9:30 Stretch&Balance 10:30 Penny Ante Fun 1:15 Fun w/ Lalli 2:30 Music w/ Oscar & Trudy 3:30 Trivia Time	12 9:00 <i>SitFit</i> Aerobics 9:30 Lotteria Game 10:30 Watercolors 1:30 Karaoke Fun 2:30 Fun w/Arden 3:30 Sing Along	13 9:00 <i>SitFit</i> Aerobics 10:30 Music w/Carole 1:30 Bingo 2:00 Ice CreamSundaes 2:30 Penny Ante Fun 3:00 Trivia Time	14 9:00 <i>SitFit</i> Aerobics 10:30 Flower Arranging 1:30 Bingo 2:00 Ice Cream Cart 3:30 Game Hour
15 9:30 <i>SitFit</i> Aerobics 10:30 Singing Time 1:30 Game Hour 2:30 Bowling Club 3:30 Exercise Class 4:00 World Travel	16 9:00 Hymn Singing 9:30 Guitar w/Alan 10:30 Music w/Gem 1:30 Card Game Club 2:30 Lotteria 3:30 Painting Class	17 9:00 Sing Along 10:30 Bingo 1:00 Pet Therapy 1:30 Ball&Exercise 2:30 Fun w/Arden 3:30 Jenga 4:00 Weekly Newscape	18 9:00 Balloon Volleyball 9:30 Stretch&Balance 10:30 Penny Ante Fun 1:30 Fun w/Lalli 2:30 Sing Along 3:30 Trivia Time	19 9:00 <i>SitFit</i> Aerobics 9:30 Lotteria Game 10:30 Watercolors 1:30 Dominoes 2:30 Fun w/Arden 3:30 Word Games	20 9:00 <i>SitFit</i> Aerobics 9:30 Sing&Dance 10:30 Penny Ante Fun 1:30 Dominoes 2:30 Al amar Roundup	21 9:00 <i>SitFit</i> Aerobics 10:30 Flower Arranging 1:30 Bingo 2:00 Ice Cream Cart 3:30 Game Hour
22 9:30 <i>SitFit</i> Aerobics 10:30 Singing Time 1:30 Game Hour 2:30 Bowling Club 3:30 Exercise Class 4:00 World Travel	23 9:00 Hymn Singing 9:30 Guitar w/Alan 10:30 Music w/Gem 1:30 Card Game Club 2:30 Lotteria 3:30 Drawing Class	24 9:00 Sing Along 10:30 Bingo 1:00 Pet Therapy 1:30 Ball&Exercise 2:30 Fun w/Arden 3:30 Jenga 4:00 Weekly Newscape	25 9:00 Balloon Volleyball 9:30 Stretch&Balance 10:30 Penny Ante Fun 1:15 Fun w/Lalli 2:30 Music w/ Oscar & Trudy 3:30 Trivia Time	26 9:00 <i>SitFit</i> Aerobics 9:30 Lotteria Game 10:30 Resident Council 1:30 Karaoke Fun 2:30 Fun w/Arden 4:00 Dominoes	27 9:00 Balloon Volleyball 9:30 Stretch&Balance 10:30 Music w/Carole 1:30 Dominoes 2:30 Bowling Club 3:30 Trivia Time	28 9:00 <i>SitFit</i> Aerobics 10:30 Flower Arranging 1:30 Bingo 2:00 Ice Cream Cart 3:30 Game Hour
29 9:30 <i>SitFit</i> Aerobics 10:30 Singing Time 1:30 Game Hour 2:30 Bowling Club 3:30 Exercise Class 4:00 World Travel	30 9:00 Hymn Singing 9:30 Guitar w/Alan 10:30 Music w/Gem 1:30 Card Game Club 2:30 Lotteria 3:30 Painting Class					

ALAMAR ROUNDUP

Dust off your cowboy boots and join Villa Alamar residents, family, and friends for a fun gathering with music by Carole and treats by Chef Lucinda!
September 20 – 2:30 pm

RSVP
w/Melissa at
805-862-9345

