

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Holidays: Labor Day Sept. 6 th Fall Begins Sept. 22 th			1 9:30 Waking Up Moves 10:30 Arden's FunSocial 1:00 Puzzle Tables 2:30 Color Sculpting 3:30 Short Stories	2 9:30 Morning Moves 10:30 Name that Song 1:00 Guess Who? 2:00 Arden's FunClub 3:30 Bubble Fun	3 9:30 Noodle Twists 10:30 Party Committee 1:00 Spiritual Poetry 2:30 Watercolor Art 3:30 Reading Group	4 9:30 Sunrise Stretches 10:30 Volley Balloon 1:00 Mandala Colors 2:30 Jokes and Riddles 3:30 Card Games
5 9:30 Sit In Motion 10:30 Giant Jenga 1:00 Nature Outdoors 2:30 Oldies Songs 3:30 Volley Balloon	6 9:30 Wiggle Moves 10:30 Card Making 1:00 Guess Who? 2:30 Holiday Trivia 3:30 Sing Along	7 9:30 Noodle Twists 10:00 Celebrate Lisa 1:00 Oldies Songs 2:30 Ball Toss 3:30 Sing Along	8 9:30 Morning Stretches 10:30 Arden's FunSocial 1:00 Watercolor Art 2:30 Spiritual Poetry 3:30 Card Games	9 9:30 Chairs In Motion 10:30 Puzzle Tables 1:00 Sing Along 2:00 Arden's FunClub 3:30 Reading Group	10 9:30 Sit and Yoga On 10:30 Word Search 1:00 Spiritual Poetry 2:30 Food Trivia 3:30 Wheel of Praises	11 9:30 Wiggle Moves 10:30 Ball Toss 1:00 Name that Song 2:30 Wild Savannah 3:30 Travel Trivia
12 9:30 Chair Aerobics 10:30 Nature Walk 1:00 Drawing Class 2:30 Big Bowling 3:30 Mandala Colors	13 9:30 Sit and Yoga On 10:30 ChiaPet Planter 1:00 Bean Bag Toss 2:30 Name that State 3:30 Water Garden	14 9:30 Sit In Motion 10:30 Nature Film 1:00 Funny Quotes 2:00 Piano W/ Rod 3:30 Music Trivia	15 9:30 Workout Fun 10:30 Arden's FunSocial 1:00 Manicures 2:30 Hand Messages 3:30 Reading Group	16 9:30 Sunrise Yoga 10:30 Ball Toss 1:00 Crosswords 2:00 Arden's FunClub 3:30 Drawing Class	17 9:30 Morning Moves 10:30 Chia Pet Plant 1:00 Spiritual Poetry 2:00 Film TBA 3:30 Puzzle Tables	18 9:30 Sit In Motion 10:30 Drawing Class 1:00 Word Search 2:30 Giant Jenga 3:30 Music Memories
19 9:30 Noodle Twists 10:30 President Trivia 1:00 Bubble Fun 2:30 Hymns Reading 3:30 Rhyming words	20 9:30 Workout Fun 10:30 Bingo 1:00 Pictures Trivia 2:30 Color Sculpting 3:30 Nature Film	21 9:30 Sit In Motion 10:30 Gardening 1:00 Sing Along 2:30 Crosswords 3:30 Travel Trivia	22 9:30 Wiggle Moves 10:30 Arden's FunSocial 1:00 Wheel of Praises 2:30 Welcome Fall Facts 3:30 Music Memories	23 9:30 Fun Stretches 10:30 Word Scramble 1:00 Garden Walk 2:00 Arden's FunClub 3:30 Wheel of Praises	24 9:30 Wiggle Moves 10:30 Card Making 1:00 Spiritual Poetry 2:00 Film TBA 3:30 Name that Tune	25 9:30 Sit and Yoga On 10:30 Puzzle Tables 1:00 Bingo 2:30 Garden Walk 3:30 Bubble Fun
26 9:30 Wake Up Moves 10:00 Celebrate Bill 1:00 Nature Film 2:30 Dominoes 3:30 Giant Jenga	27 9:30 Fun Stretches 10:30 Loteria Bingo 1:00 Manicures 2:30 Hand Massages 3:30 Travel Club	28 9:30 Noodle Twists 10:30 Big Bowling 1:00 Crossword 2:30 Garden Walk 3:30 Match Cards	29 9:30 Sunrise Stretches 10:30 Arden's FunSocial 1:00 Chia Pet Plant 2:30 Jokes and Riddles 3:30 Hymns Reading	30 9:30 Chairs In Motion 10:30 World Search 1:00 Art with Tonya 2:00 Arden's FunClub 3:30 Music Memories	 Bill K. Sept. 26th Lisa W. Sept. 7th	

Villa Alamar

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Schedule is subject to change. Snacks are served daily at 10 a.m. and 2 p.m.