



| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|---|---|---|---|
| <p><b>Villa Alamar</b><br/>45 East Alamar. Santa Barbara CA . 93105<br/>(805) 682-9345 VillaAlamar.com Lic. 425850001<br/>Hydration is served daily at 10AM<br/>lunch 11:30AM-12:45PM, &amp; snacks at 2PM<br/><i>Schedule is subject to changes.</i></p> <p><i>Adventures in Caring</i><br/>Visiting to Chat and<br/>Connect with our seniors<br/>as available.</p> |  | <p> <b>EASTER EGGSTRAVAGANZA CELEBRATION THURSDAY APRIL 17<sup>TH</sup> AT 2PM</b><br/>LET US REJOICE IN COMPANY OF OUR LOVED ONES<br/>ENJOY LIGHT APPETIZERS AND LIVE MUSIC WITH ROD ROBLES</p> |   |   | <p> <b>HAPPY EASTER</b></p>   |   |
|  |  | 1  | 2   | 3   | 4   | 5   |
|  |  | <p>9:30 Calm Aerobics<br/>10:30 Picasso Hour<br/>11:30 Gardens of the World<br/>1:30 Memory Lane<br/>2:30 Sunshine and Fresh Air Hour<br/>3:30 Sensory Hour</p>                                  | <p>9:30 Morning Moves<br/>10:30 Teka's Therapy Music -CCHH&amp;H<br/>11:30 Wonders of the World<br/>1:30 Flower Hour<br/>2:30 Brain Exercise<br/>3:00 Oliver </p>                                 | <p>9:30 Calm Aerobics<br/>10:30 Picasso Hour<br/>11:30 Lighthouses of the World<br/>1:30 Cycling W/ Out Age <br/>2:30 Music Connection<br/>3:00 Santa Barbara Trivia</p>                          | <p>9:30 Morning Moves<br/>10:30 Literature w/ Gail C <br/>11:30 Rivers of the World<br/>1:15 Art Therapy w/ Brooke -CCHH&amp;H <br/>2:30 Today in History<br/>3:00 State Fair </p>        | <p>9:30 Calm Aerobics<br/>10:30 Mandala Colors<br/>11:30 Waterfalls of the World<br/>1:30 Comedy Hour<br/>2:30 Paint with Water<br/>3:30 Music of our Times</p>                 |
| 6  | 7  | 8  | 9   | 10  | 11  | 12  |
| <p>9:30 Chair Yoga<br/>10:30 Sports Hour<br/>11:30 Fun Book Of Useless Information<br/>1:30 Tend the Garden<br/>2:30 Book Club<br/>3:30 Meadow Sceneries</p>   | <p>9:30 Reach For The Sky<br/>10:30 Game Hour<br/>11:30 I Remember That!<br/>1:30 True Or False?<br/>2:30 Dominoes<br/>3:30 Scent Therapy</p>  | <p>9:30 Touch Your Toes<br/>10:30 Poetry Hour<br/>11:30 Jokes &amp; Riddles<br/>1:30 Sing Along Time<br/>2:30 Nat King Cole Hour<br/>3:30 Let's Take A Stroll</p>                                | <p>9:30 Reach For The Sky<br/>10:30 Critical Thinking<br/>11:30 Uplifting Short Stories<br/>1:30 Music Therapy w/ Stefana Dadas -VNA <br/>2:30 Birthday Celebrations <br/>3:00 South Pacific </p> | <p>9:30 Touch Your Toes<br/>10:30 Bingo<br/>11:30 I Remember That!<br/>1:30 Cycling W/ Out Age <br/>2:30 Nat King Cole Hour<br/>3:30 Music of our Lives</p>                                       | <p>9:30 Reach For The Sky<br/>10:30 Literature w/ Gail C <br/>11:30 The Story Of You<br/>1:30 Brain Games<br/>2:30 Monet Hour<br/>3:00 South Pacific </p>                                 | <p>9:30 Chair Yoga<br/>10:30 Critical Thinking<br/>11:30 Jokes &amp; Riddles<br/>1:30 Sing Along<br/>2:30 Sound Therapy<br/>3:30 Board Game Hour</p>                            |
| 13   | 14   | 15   | 16  | 17  | 18  | 19  |
| <p>9:30 Dancing Scarves<br/>10:30 Sensory Hour<br/>11:30 Tour a Zoo<br/>1:30 Patio Hour<br/>2:30 Book Club<br/>3:30 Deep Blue Ocean Exploration</p>  | <p>9:30 Knees In Rhythms<br/>10:30 Comedy Hour<br/>11:30 Tour a Museum <br/>1:30 UCSB Art Alliance <br/>2:30 Music Connection (60's)<br/>3:30 Amour Divin Sceneries (Michel Pepe)</p>                      | <p>9:00 Dancing Scarves<br/>9:30 Hand Massage Hour<br/>11:30 Visit an Aquarium<br/>1:30 Making Easter Baskets<br/>2:30 Brain Games<br/>3:30 Forest Active Life Sceneries Hour</p>                | <p>9:30 Knees In Rhythms<br/>10:30 Teka's Therapy Music -CCHH&amp;H <br/>11:30 Visit Rome<br/>1:30 Making Easter Bouquets<br/>2:30 Tend the Garden<br/>3:00 Easter Parade </p>                    | <p>9:30 Dancing Scarves<br/>10:30 Today In History<br/>11:30 Tour a Cathedral<br/>2:00 Easter Eggstravaganza Celebration w/ Rod Robles </p>   | <p>9:30 Knees In Rhythms<br/>10:30 Literature w/ Gail C <br/>11:30 Vacation in Hawaii<br/>1:15 Therapy Art w/ Brooke -CCHH&amp;H <br/>2:30 California Trivia<br/>3:00 The King And I </p> | <p>9:30 Dancing Scarves<br/>10:30 Game Hour<br/>11:30 Paris Excursion<br/>1:30 Flower Hour<br/>2:30 Scent Therapy<br/>3:30 Nature Sceneries Hour</p>                            |
| 20   | 21   | 22   | 23  | 24  | 25  | 26  |
| <p>9:30 Postures &amp; Flexes<br/>10:30 Critical Thinking<br/>11:30 Virgin Islands<br/>1:30 Easter Egg Hunt <br/>2:30 Easter Trivia<br/>3:30 Brain Games<br/></p>  | <p>9:30 Breath &amp; Relax<br/>10:30 Therapy Music w Stefana Dadas-VNA <br/>11:30 Channel Island <br/>1:30 UCSB Art Alliance <br/>2:30 Sing Along 70's Hour<br/>3:30 Objects In Disguise (What Is It?)</p> | <p>9:00 Postures &amp; Flexes<br/>9:30 Mandala Coloring<br/>11:30 Yosemite National Park<br/>1:30 Outing W/ Michelle<br/>2:30 Doris Day Hour<br/>3:30 Geography Trivia Cards</p>                 | <p>9:30 Breath &amp; Relax<br/>10:30 Critical Thinking Hour<br/>11:30 Redwood National Park<br/>1:30 Sunshine and Fresh Air Hour<br/>2:30 Music of our Times<br/>3:00 South Pacific </p>          | <p>9:30 Postures &amp; Flexes<br/>10:30 Inspirational Poetry<br/>11:30 Acadia National Park<br/>1:30 Cycling With Out Age <br/>2:30 Doris Day Hour<br/>3:00 Music of our Lives</p>                | <p>9:30 Breath &amp; Relax<br/>10:30 Literature w/ Gail C <br/>11:30 Grand Canyon<br/>1:30 Tend the Garden<br/>2:30 Sound Therapy<br/>3:00 Cinderella </p>                                | <p>9:30 Postures &amp; Flexes<br/>10:30 Critical Thinking Hour<br/>11:30 Sequoia National Park<br/>1:30 Patio Hour<br/>2:30 Sing Along 60's Hour<br/>3:30 Ocean Reef Trivia</p> |
| 27   | 28   | 29   | 30  | <p> <b>April's Birthdays Celebration Will Be On</b><br/>Wed April 9th @1:30PM. Music with Stefana Dadas<br/>Kathy C 04/02th<br/>Ann G 04/08th<br/>Kay H 04/11th<br/>Gilbert (Jill ) T 04/25th</p> |   |   |
| <p>9:30 Feet In Motion<br/>10:30 Sports Hour<br/>11:30 Angel Falls, Venezuela<br/>1:30 Doris Day Hour<br/>2:30 Patio Hour<br/>3:00 Tours of California Missions</p>  | <p>9:30 Mindful Meditation<br/>10:30 Van Gogh Hour<br/>11:30 Great Barrier Reef, AUS <br/>1:30 UCSB Art Alliance <br/>2:30 Board Game Hour<br/>3:30 Hot Air Balloon Festival</p>                           | <p>9:00 Feet In Motion<br/>9:30 Brain Exercise<br/>11:30 Bennet Lake, Yukon<br/>1:30 Flower Hour<br/>2:30 Scent Therapy<br/>3:30 Music Connection (70's)</p>                                     | <p>9:30 Mindful Meditation<br/>10:30 Van Gough Hour<br/>11:30 Santorini<br/>1:30 The Art of Letting Go<br/>2:30 Memory Lane Songs<br/>3:00 Meet Me In St. Louis </p>                              |   |   |   |