



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <p><b>We will gather for a belated Labor Day on Tuesday, September 9th at noon.</b> <b>Please RSVP by Wednesday Sept. 3rd, to Michelle@VillaAlamar.com</b></p> </div>						
<div>  <p><b>Birthdays' Celebrations Will Be On Wednesday the 17th at 1:30 W/ Teka</b> <b>Lisa W 09/07th</b>  <b>Suzanne P 09/24th</b>  <b>Bill K 09/26th</b> </p> </div>						
<div>  <p><b>LABOR DAY</b></p> </div>	<p><b>1</b></p> <p>9:30 Swirling Scarves 10:30 Labor Day Trivia 11:30 Tour a Museum 1:30 Wild Horses Sceneries 2:30 Music Connection 3:30 Karaoke Fun</p>	<p><b>2</b></p> <p>9:30 Yoga Meditation 10:30 Critical Thinking Hour 11:30 Classic Piano 1:30 Art Museums Exploration 2:30 Memory Lane Of 60's 3:00 Botanical Garden Tour</p>	<p><b>3</b></p> <p>9:30 Upper Body Moves 10:30 Teka's Therapy Music—CCHH&amp;H  11:30 Santorini Island 1:30 The Art of Letting Go 2:30 Memory Lane Of 60's 3:00 The Sound Of Music </p>	<p><b>4</b></p> <p>9:30 Swirling Scarves 10:30 Picasso Coloring 11:30 Meadow Sceneries 1:30 Cycling W/ Out Age  2:30 Nature Hour 3:30 Brain Visual Fitness</p>	<p><b>5</b></p> <p>9:30 Wake Up Moves 10:30 Literature W/ Gail C  11:30 Rivers of the World 1:15 The Mystery Box 2:30 Today in History 3:00 The Tunnel Of Love </p>	<p><b>6</b></p> <p>9:30 Chair Yoga 10:30 Sceneries Puzzles 11:30 Birds Of The Amazons 1:30 Comedy Hour 2:30 Memory Cards Game (Mental Challenge ) 3:30 Architectural Wonders</p>
<p><b>7</b></p> <p>9:30 Floor Baseball 10:30 Short Stories Club 11:30 Jungle Waterfalls 1:30 Tend the Garden 2:30 Golden Oldies 3:30 Three Sequence Puzzle Connect</p>	<p><b>8</b></p> <p>9:30 Calm Aerobics 10:30 Art Therapy W/ ELLA—CCHH&amp;H  11:30 Soft Jazz 1:30 Jokes &amp; Riddles 2:30 National Geography 3:30 Mozart's Melodic Music</p>	<p><b>9</b></p> <p>9:30 Chair Yoga 10:30 Labor Day Q &amp; A 12:00 Labor Day Barbecue  2:30 Cards Games 3:30 Jenga Blocks Tower</p>	<p><b>10</b></p> <p>9:30 Calm Aerobics 10:30 Poetry For Dads 11:30 Harmonic Waves 1:30 Music Therapy W/ Stefana Dadas—CCHH&amp;H  3:30 Calamity Jane </p>	<p><b>11</b></p> <p>9:30 Postures &amp; Flexes 10:30 Scrabble Words 11:30 Nature Sceneries 1:30 Cycling W/ Out Age  Brain Tease Boards 2:30 Classical Orchestra 3:30 Bird Watching</p>	<p><b>12</b></p> <p>9:30 Calm Aerobics 10:30 Literature W/ Gail C  11:30 Amazing Valleys 1:30 Brain Cube Games 2:30 Therapeutic Sounds 3:00 Brigadoon </p>	<p><b>13</b></p> <p>9:30 Brain Fitness 10:30 Game Hour 11:30 Palace Gardens 1:30 Sing Along 2:30 Therapeutic Sounds 3:30 Ballet Performances</p>
<p><b>14</b></p> <p>9:30 Chair Yoga 10:30 Mandala Coloring 11:30 Rose Gardens 1:30 Meadow Sceneries 2:30 Memory Lane 60's 3:30 Poetry Club</p>	<p><b>15</b></p> <p>9:30 Swirling Scarves 10:30 Music Therapy W/ Stefana Dadas  11:30 Tour a Museum 1:30 Anecdotal Sharing 2:30 Music Connection 3:30 Meadow Sceneries</p>	<p><b>16</b></p> <p>9:30 Rhythming Along w/ The Sea 10:30 Challenge Puzzle Connect 11:30 Salt Water Aquariums 1:30 Today in History 2:30 Light Boats Show 3:30 Jokes &amp; Riddles</p>	<p><b>17</b></p> <p>9:30 Swirling Scarves 10:30 The Dice Songs 11:30 Rome 's Cathedrals 1:30 Birthdays' Celebration W/ Teka  2:30 Tend the Garden  3:00 It Is A Great Feeling </p>	<p><b>18</b></p> <p>9:30 Rhythms Of The Sea 10:30 Water Colors Canvas 11:30 Tour a Cathedral 1:30 Cycling W/ Out Age  2:30 National Geography 3:30 Iconic Light Houses</p>	<p><b>19</b></p> <p>9:30 Swirling Scarves 10:30 Literature W/ Gail C  11:30 Vacation in Hawaii 1:30 California Trivia 2:30 Therapeutic Sounds 3:30 The Fiddle On The Roof </p>	<p><b>20</b></p> <p>9:30 Morning Moves 10:30 Walk In Our Gardens 11:30 Tibetan Healing Flute 1:30 Flower Arrangements 2:30 Scent Hand Massage 3:30 Historic Science W/ Einstein</p>
<p><b>21</b></p> <p>9:30 Yoga Meditation 10:30 Crossword Puzzles 11:30 Good Mood Jazz 1:30 Poetic Readings 2:30 Deep Ocean Trivia 3:30 Hawaiian Islands</p>	<p><b>22</b></p> <p>9:30 Chair Yoga 10:30 Art Therapy W/ ELLA—CCHH&amp;H  11:30 Grand Canyon Tour 1:30 Oceanic Views 2:30 Sing Along 70's Hour 3:30 Stimulating Sensory</p>	<p><b>23</b></p> <p>9:30 Floor Baseball 10:30 Build w/ Jenga Blocks 11:30 River Wonders 1:30 Poetry In Motion 2:30 Waterfalls Sceneries 3:30 Guess The Animal Sound</p>	<p><b>24</b></p> <p>9:30 Chair Yoga 10:30 Aqua Mystery Painting 11:30 Channel Islands 1:30 Baby Farm Animals Clips 2:30 Music of our Times 3:00 State Fair </p>	<p><b>25</b></p> <p>9:30 Floor Baseball 10:30 Monet (Water Lily Pond) 11:30 Acadia National Park 1:30 Cycling W/ Out Age  2:30 Doris Day Hour 3:30 Jokes &amp; Riddles</p>	<p><b>26</b></p> <p>9:30 Chair Yoga 10:30 Literature W/ Gail C  11:30 Grand Canyon 1:30 Tend the Garden 2:30 Sound Therapy 3:00 Cinderella </p>	<p><b>27</b></p> <p>9:30 Floor Baseball 10:30 Critical Thinking Hour 11:30 Lakeside &amp; Tranquil Jazz 1:30 Stimulating Sensory 2:30 Match Sequence Puzzles 3:30 Sing Along 70's</p>
<p><b>28</b></p> <p>9:30 Postures &amp; Flexes 10:30 Sports Hour 11:30 Sakura Blossoms 1:30 Susy Q Sing Along 2:30 Card Match Games 3:30 Wild Forest Life</p>	<p><b>29</b></p> <p>9:30 Yoga Meditation 10:30 Guess The Place! 11:30 Palace Gardens 1:30 Aquariums' Wonders 2:30 Board Games Hour 3:30 Famous Monuments</p>	<p><b>30</b></p> <p>9:30 Lower Body Moves 10:30 Ela Fitzgerald Jazz 11:30 Tour a Museum 1:30 Poetry Club 2:30 Relax W/ Monty The Therapy Dog Visit </p>	<p><b>Villa Alamar</b> <b>45 East Alamar. Santa Barbara CA . 93105</b> <b>(805) 682-9345 VillaAlamar.com Lic.425850001</b> <b>Hydration is served daily @ 10 a.m.</b> <b>Lunch 11:30-12:45, &amp; Snack @ 2 p.m.</b> <b>Schedule is subject to changes</b></p>			<p><b>Adventures in Caring visiting to Chat &amp; Connect w/ our Seniors.</b> <b>TBA, as Available</b></p> 