



Appetizers and refreshments, Custom prizes

October's Birthdays Celebration

Wednesday the 8th at 1:30 pm

Music By Stefana Dadas

DITTE W Oct 13th - CHERY J Oct 16th

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Adventures in Caring
Visiting To Chat &
Connect W/ Our
Seniors.
TBA As Available



Villa Alamar 45 East Alamar. Santa
Barbara CA .
93105 (805) 682-9345.
VillaAlamar.com Lic. 425850001.
Hydration is served Daily @ 10 am
Lunch 11:30-12:45, & Snack @ 2 pm

9:30 Chair Yoga
10:30 Teka's Therapy
Music—CCHH&H
11:30 Santorini Island
1:30 The Art of Letting Go
2:30 Memory Lane Of 60's
3:00 The Sound
Of Musi

9:30 Chair Yoga
10:30 Picasso (Dove of Peace)
11:30 Meadow Sceneries
1:30 Cycling
W/ Out Age
2:30 Nature Hour
3:30 Brain Visual Fitness

9:30 Chair Yoga
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

9:30 Chair Yoga
10:30 Seek & Match Cards
11:30 Birds Of The Amazons
1:30 Comedy Hour
2:30 Memory Cards Game
(Mental Challenge)
3:30 Architectural Wonders

5
9:30 Oceanic Rhythms
10:30 Today in History
11:30 Jungle Waterfalls
1:30 Tend the Garden
2:30 Golden Oldies
3:30 Three Sequence
Puzzle Connect

6
9:30 Oceanic Rhythms
10:30 Art Therapy W/
ELLA—CCHH&H
11:30 Soft Jazz
1:30 Jokes & Riddles
2:30 National Geography
3:30 Mozart's Melodic
Music

7
9:30 Oceanic Rhythms
10:30 Bingo
11:30
1:30 UCSB Art Alliance
12:30
2:30 Cards Games
3:30 Jenga Blocks Tower

8
9:30 Oceanic Rhythms
10:30 Puzzles Challenge
11:30 Harmonic Waves
1:30 Music Therapy W/
Stefana Dadas + Birthdays
Celebration
3:30 Calamity Jane

9
9:30 Oceanic Rhythms
10:30 Mandala Coloring
11:30 Nature Sceneries
1:30 Cycling
W/ Out Age
Brain Tease Boards
2:30 Classical Orchestra
3:30 Bird Watching

10
9:30 Oceanic Rhythms
10:30 Literature W/
Gail C
11:30 Amazing Valleys
1:30 Brain Cube Games
2:30 Therapeutic Sounds
3:00 Brigadoon

11
9:30 Oceanic Rhythms
10:30 Socks' Soul Mates
11:30 Palace Gardens
1:30 Sing Along
2:30 Therapeutic Sounds
3:30 Ballet Performances

12
9:30 Brain Fitness
10:30 Book Club
11:30 Rose Gardens
1:30 Meadow Sceneries
2:30 Memory Lane 60's
3:30 Poetry Club

13
9:30 Brain Fitness
10:30 Music Therapy
W/ Stefana Dadas
11:30 Tour a Museum
1:30 Anecdotal Sharing
2:30 Music Connection
3:30 Meadow Sceneries

14
9:30 Brain Fitness
10:30 Loteria
11:30 Salt Water Aquariums
1:30 UCSB Art Alliance
2:30 Light Boats Show
3:30 Jokes & Riddles

15
9:30 Brain Fitness
10:30 Teka's Therapy
Music—CCHH&H
11:30 Rome's Cathedrals
1:30
2:30 Tend the Garden
3:00 It Is A Great Feeling

16
9:30 Brain Fitness
10:30 Monet (Water Lily Pond)
11:30 Tour a Cathedral
1:30 Cycling
W/ Out Age
2:30 National Geography
3:30 Iconic Light Houses

17
9:30 Brain Fitness
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

18
9:30 Brain Fitness
10:30 Parachute Gather
11:30 Tibetan Healing Flute
1:30 Flower Arrangements
2:30 Scent Hand Massage
3:30 Historic Science
W/ Einstein

19
9:30 Yoga Meditation
10:30 Jokes & Riddles
11:30 Good Mood Jazz
1:30 Poetic Readings
2:30 Deep Ocean Trivia
3:30 Hawaiian Islands

20
9:30 Yoga Meditation
10:30 Art Therapy W/
ELLA—CCHH&H
11:30 Grand Canyon Tour
1:30 Oceanic Views
2:30 Sing Along 70's Hour
3:30 Stimulating Sensory

21
9:30 Yoga Meditation
10:30 Bingo
11:30 River Wonders
1:30 UCSB Art Alliance
2:30 Waterfalls Sceneries
3:30 Guess The Animal
Sound

22
9:30 Yoga Meditation
10:30 Sentence's Word Search
11:30 Channel Islands
1:30 Baby Farm Animals Clips
2:30 Music of our Times
3:00 State Fair

23
9:30 Yoga Mediation
10:30 Aqua Board Painting
11:30 Acadia National Park
1:30 Cycling
W/ Out Age
2:30 Doris Day Hour
3:30 Jokes & Riddles

24
9:30 Yoga Meditation
10:30 Literature W/
Gail C
11:30 Grand Canyon
1:30 Tend the Garden
2:30 Sound Therapy
3:00 Cinderella

25
9:30 Yoga Meditation
10:30 Jenga Building
11:30 Lakeside &
Tranquil Jazz
1:30 Stimulating Sensory
2:30 Match Sequence Puz-
zles
3:30 Sing Along 70's

26
9:30 Wake Up Moves
10:30 Poetry Club
11:30 Sakura Blossoms
1:30 Susy Q Sing Along
2:30 Card Match Games
3:30 Wild Forest Life

27
9:30 Wake Up Moves
10:30 Guess the Song
11:30 Palace Gardens
1:30 Aquariums' Wonders
2:30 Board Games Hour
3:30 Famous Monuments

28
9:30 Wake Up Moves
10:30 Loteria
11:30 Tour a Museum
1:30 UCSB Art Alliance
2:30 Relax with Monty,
The Therapy Dog

29
9:30 Wake Up Moves
10:30 Scrabble Words
11:30 Nature Sceneries
1:30 Brain Tease Boards
2:00 Halloween Party

30
9:30 Wake Up Moves
10:30 Abstract Watercolors
11:30 Nature Sceneries
1:30 Cycling
W/ Out Age
Brain Tease Boards
2:30 Classical Orchestra
3:30 Bird Watching

31
9:30 Wake Up Moves
10:30 Literature W/
Gail C
11:30 Nature Sceneries
1:30 Brain Tease Boards
2:30 Classical Orchestra
3:30 Bird Watching

