


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Adventures In Caring Visiting Our Seniors to Chat And Connect With Them. Times TBA As Available</p>	<p><b>Merry Christmas!</b> Come Join Villa Alamar Families To Celebrate in Christmas Spirit! Let's Enjoy A Special Lunch with our Amazing Seniors And Families Wednesday Dec 17th at 12:00. Music By Al Vafa Please RSVP BY Mon Dec 8th</p>				<p><b>All December's Birthdays Celebration On Wednesday Dec 10th At 1:30 W/ Stefana Dadas Elizabeth "Betty" J Dec 21st</b></p>	
	<p>1</p> <p>9:30 Swirling Scarves 10:30 Art Therapy w/ ELLA—CCHH&amp;H 1:30 Wild Horses Sceneries 2:00 Music Connection 3:00 Karaoke Fun</p>	<p>2</p> <p>9:30 Yoga Meditation 10:30 Critical Thinking Hour 1:30 Art Museums Exploration 2:00 Memory Lane Of 60's 3:00 Botanical Garden Tour</p>	<p>3</p> <p>9:30 Upper Body Moves 10:30 Teka's Therapy Music—CCHH&amp;H 1:30 The Art of Letting Go 2:00 Memory Lane Of 60's 3:00 The Sound Of Music</p>	<p>4</p> <p>9:30 Swirling Scarves 10:30 Picasso Coloring 1:30 Cycling W/ Out Age 2:00 Nature Hour 3:00 Brain Visual Fitness</p>	<p>5</p> <p>9:30 Wake Up Moves 10:30 Literature W/ Gail C 1:30 The Mystery Box 2:00 Rivers Of The World 3:00 The Tunnel Of Love</p>	<p>6</p> <p>9:30 Chair Yoga 10:30 Exploring Birds Of The Amazons 1:30 Comedy Hour 2:00 Memory Cards Game (Mental Challenge ) 3:00 Architectural Wonders</p>
<p>7</p> <p>9:30 Floor Baseball 10:30 Short Stories Club 1:30 Tend the Garden 2:00 Golden Oldies 3:00 Three Sequence Puzzle Connect</p>	<p>8</p> <p>9:30 Calm Aerobics 10:30 Soft Jazz 1:30 Jokes &amp; Riddles 2:00 National Geography 3:00 Mozart's Melodic Music</p>	<p>9</p> <p>9:30 Chair Yoga 10:30 Sock Seeks Its Match 1:30 Cards Games 2:00 Winter Background Sceneries 3:00 Jenga Blocks Tower</p>	<p>10</p> <p>9:30 Calm Aerobics 10:30 Poetry Club 1:30 Birthdays Celebration W/ Stefana Dadas 2:00 Hot Air Balloon Festival Show 3:00 Calamity Jane</p>	<p>11</p> <p>9:30 Postures &amp; Flexes 10:30 Scrabble Words 1:30 Cycling W/ Out Age Brain Tease Boards 2:00 Classical Orchestra 3:00 Bird Watching</p>	<p>12</p> <p>9:30 Calm Aerobics 10:30 Literature W/ Gail C 1:30 Brain Cube Games 2:00 Therapeutic Sounds 3:00 Brigadoon</p>	<p>13</p> <p>9:30 Brain Fitness 10:30 Game Hour 1:30 Sing Along 2:00 Palace Gardens 3:00 Ballet Performances</p>
<p>14</p> <p>9:30 Chair Yoga 10:30 Mandala Coloring 1:30 Meadow Sceneries 2:00 Rose Gardens 3:00 Poetry Club</p>	<p>15</p> <p>9:30 Swirling Scarves 10:30 Music Therapy W/ Stefana Dadas—VNA 1:30 Anecdotal Sharing 2:00 Music Connection 3:00 Meadow Sceneries</p>	<p>16</p> <p>9:30 Rhythming Along w/ The Sea 10:30 Challenge Puzzle Connect 1:30 Today in History 2:00 Light Boats Show 3:00 Jokes &amp; Riddles</p>	<p>17</p> <p>9:30 Swirling Scarves 10:30 Teka's Therapy Music—CCHH&amp;H 12:00 Christmas Lunch Music By Al Vafa 2:00 Under The Sea 3:00 It Is A Great Feeling</p>	<p>18</p> <p>9:30 Rhythms Of The Sea 10:30 Water Colors Canvas 1:30 Cycling W/ Out Age 2:00 National Geography 3:00 Iconic Light Houses</p>	<p>19</p> <p>9:30 Swirling Scarves 10:30 Literature W/ Gail 1:30 California Trivia 2:00 Therapeutic Sounds 3:00 The Fiddle On The Roof</p>	<p>20</p> <p>9:30 Morning Moves 10:30 Walk In Our Gardens 1:30 Flower Arrangements 2:00 Scent Hand Massage 3:00 Historic Science W/ Einstein</p>
<p>21</p> <p>9:30 Yoga Meditation 10:30 Crossword Puzzles 1:30 Deep Ocean Trivia 2:00 Good Mood Jazz 3:00 Hawaiian Islands</p>	<p>22</p> <p>9:30 Chair Yoga 10:30 Grand Canyon Tour And Trivia 1:30 Oceanic Views 2:00 Sing Along 70's Hour 3:00 Stimulating Sensory</p>	<p>23</p> <p>9:30 Floor Baseball 10:30 Build w/ Jenga Blocks 1:30 Poetry In Motion 1:45: CAREGIVERS Adopt A Senior &amp; Present A Christmas Gift</p>	<p>24</p> <p>9:30 Chair Yoga 10:30 Aqua Mystery Painting 1:30 Baby Farm Animals Clips 2:00 Music of our Times 3:00 State Fair</p>	<p>25</p> <p>9:30 Floor Baseball 10:30 Merry Christmas Trivia 1:30 National Parks 2:00 Doris Day Hour 3:00 Jokes &amp; Riddles</p>	<p>26</p> <p>9:30 Chair Yoga 10:30 Literature W/ Gail C 1:30 Stroll In the Garden 2:00 Sound Therapy 3:00 Cinderella</p>	<p>27</p> <p>9:30 Floor Baseball 10:30 Critical Thinking Hour 1:30 Stimulating Sensory 2:00 Lakeside Tranquil Jazz 3:00 Sing Along 70's</p>
<p>28</p> <p>9:30 Postures &amp; Flexes 10:30 Sports Hour 1:30 Susy Q Sing Along 2:00 Sakura Blossoms 3:00 Wild Forest Life</p>	<p>29</p> <p>9:30 Yoga Meditation 10:30 Art Therapy w/ ELLA—CCHH&amp;H 1:30 Geo Fidget Cubes 2:00 Aquarium Wonders 3:00 Famous Monuments</p>	<p>30</p> <p>9:30 Lower Body Moves 10:30 Poetry Club 1:30 Ella Fitzgerald Jazz 2:00 Wild Horses On The Go 3:00 Relax W/ Monty The Therapy Dog Visit</p>	<p>31</p> <p>9:30 Calm Aerobics 10:30 Brain Tease Gadgets 1:30 National Geography 2:00 Memory Lane Music 3:00 Oliver</p>	<p><b>Villa Alamar 45 East Alamar. Santa Barbara CA . 93105</b> <b>(805) 682-9345</b> <b>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>		

