

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Let's Gather In Gratitude For our Blessings With Our Lovely Seniors Over A Delicious Lunch On Tuesday November 25th at 12 Noon Please RSVP To Michelle@VillaAlamar.com by Tuesday Nov 18th						 9:30 Morning Stretches 10:30 Parachute Gather 1:30 Flower Arrangement 2:00 Lively Ocean 3:00 Sensory Hour
2 9:30 Scarves Dance 10:30 Book Club 1:30 Classic Piano Trivia 2:00 Wild Horses Sceneries 3:00 Humor Hour	3 9:30 Brain Fitness 10:00 <i>Art Therapy W/ ELLA—CCHH&H</i> 1:30 Trivia Challenge 2:00 River Wonders 3:00 Geography Trivia	4 9:30 Scarves Dance 10:30 Crossword Board 1:30 <i>UCSB Art Alliance</i> 2:00 Relaxing Waterfalls 3:00 Guess The Animal Sound	5 9:30 Brain Fitness 10:30 <i>Teka's Therapy Music—CCHH&H</i> 1:30 Jokes & Riddles 2:00 Doris Day Classics 3:00 Any Get Your Guns	6 9:30 Scarves Dance 10:30 Loteria 1:30 <i>Cycling W/ Out Age</i> 2:00 Botanical Gardens 3:00 Brain Stimulating Boards	7 9:30 Brain Fitness 10:30 <i>Literature W/ Gail C</i> 1:30 Senior Mini Stories 2:00 <i>French Mission Tours</i> 3:00 Carrousel	8 9:30 Scarves Dance 10:30 Seek & Match Cards 1:30 Flower Arrangement 2:00 Lively Ocean 3:00 Cards Match Games
9 9:30 Calm Aerobics 10:30 Today in History 1:30 Memory Lane 50's 2:00 Historical Monuments 3:00 Game Hour	10 9:30 Wake Up Moves 10:30 Puzzles Sequence 1:30 Trivia Challenge 2:00 River Wonders 3:00 Sentence Word Search	11 9:30 Calm Aerobics 10:30 Bingo 1:30 <i>UCSB Art Alliance</i> 2:00 Meadows Sceneries 3:00 Veterans Day Trivia	12 9:30 Wake Up Moves 10:30 Puzzles Challenge 1:30 <i>Music Therapy W/ Stefana Dadas + Birthdays Celebration</i> 3:00 Oliver	13 9:30 Calm Aerobics 10:30 Mandala Coloring 1:30 <i>Cycling W/ Out Age</i> Brain Tease Boards 2:00 Classical Orchestra 3:00 Stimulating Sensory Cards	14 9:30 Wake Up Moves 10:30 <i>Literature W/ Gail C</i> 1:30 Karaoke Fun 2:00 Therapeutic Sounds 3:00 Billie Elliot	15 9:30 Calm Aerobics 10:30 Socks' Soul Mates 1:30 Flower Arrangement 2:00 Country Classics 3:00 Humor Hour
16 9:30 Balls In Motion 10:30 Puzzle Connect 1:30 Short Stories Club 2:00 Sakura Blossoms 3:00 Guess The Song	17 9:30 Scarves Dance 10:30 <i>Music Therapy W/ Stefana Dadas</i> 1:30 Sing Along 50's 2:00 Music Connection 3:00 Historic Science w/ Einstein	18 9:30 Balls In Motion 10:30 Giant Dart Board 1:30 <i>USCB Art Alliance</i> 2:00 Tibetan Healing Flute 3:00 My Picture Talk (whose face is this?)	19 9:30 Scarves Dance 10:30 <i>Teka's Therapy Music—CCHH&H</i> 1:30 Famous Positive quotes 2:00 Architectural Wonders 3:00 The Sound Of Music	20 9:30 Balls In Motion 10:30 Watercolors Canvas 1:30 <i>Cycling W/ Out Age</i> 2:00 Ela Fitzgerald jazz 3:00 <i>Rejoice w/ Monty The Therapy Dog</i>	21 9:30 Scarves Dance 10:30 <i>Literature W/ Gail C</i> 1:30 Seniors' Short Stories 2:00 National Geography 3:00 Brigadoon	22 9:30 Balls In Motion 10:30 Parachute Gather 1:30 Flower Arrangement 2:00 Nat king Cole 3:00 Jokes & Riddles
23 9:30 Morning Stretches 10:30 Jokes & Riddles 1:30 Memory Lane 60's 2:00 Nature Sounds 3:00 Geography Trivia	24 9:30 Breathe & Exhale 10:00 <i>Art Therapy W/ ELLA—CCHH&H</i> 1:30 Trivia Challenge 2:00 California Mission Tour 3:00 Poetry Hour	25 9:30 Morning Stretches 10:30 Thanksgiving Trivia 12:00 <i>Thanksgiving Lunch</i> 2:00 Relaxing Waterfalls 3:00 Jokes & Riddles	26 9:30 Breathe & Exhale 10:30 Sentence's Word Search 1:30 Guess The Mystery Box 2:00 Deserts Landscapes 3:00 The Fiddle On The Roof	27 9:30 Morning Stretches 10:30 Hearst Castle Tour 1:30 Memory Lane 70's 2:00 Rainforest Alive 3:00 Thanksgiving Food Trivia	28 9:30 Breathe & Exhale 10:30 <i>Literature W/ Gail C</i> 1:30 True or False ?'s 2:00 River Wonders 3:00 Calamity Jane	29 9:30 Morning Stretches 10:30 Jenga Building 1:30 Flower Arrangement 2:00 Iconic Lighthouses 3:00 Sing Along 60's
30 9:30 Wake Up Moves 10:30 Poetry Club 1:30 Classic Guitar Trivia 2:00 Travel to England 3:00 Sports Hour	Villa Alamar 45 East Alamar. Santa Barbara . CA . 93105 Phone (805) 682-9345 VillaAlamar.com Lic. 425850001. Hydration is served Daily @ 10am Lunch 11:30-12:45, & Snack @ 2pm <i>Schedule is subject to changes</i>			Adventures In Caring Visiting Our Seniors To Conversate And Connect With Them Times TBA As Available 	All November's Birthdays Celebration Music By Stefana Dadas. Wednesday the 12th @ 2pm GLORIA B Nov 21st 	