



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Winter Wonderland. Let's Get Our Residents Cozy And Enjoy Each Other's Coziness And Warm Our Hearts With Hot Coco And Cookies with Teka's music Wednesday January 7th At 10:30				 1 9:30 Morning Moves 10:30 New Year Trivia 1:30 Jokes & Riddles 2:00 The Alps 3:00 Sensory Hour	2 9:30 Scarves Dance 10:30 <i>Literature W/ Gail C</i> 1:30 Classic Piano Trivia 2:00 Winter Wildlife 3:00 Humor Hour	3 9:30 Morning Stretches 10:30 Mancala Coloring 1:30 F - Flower Arrangements 2:00 White Mountains 3:00 Sensory Hour
4 9:30 Scarves Dance 10:30 Book Club 1:30 Classic Piano Trivia 2:00 Wild Horses Winter Migration 3:00 Humor Hour	5 9:30 Brain Fitness 10:30 <i>Art Therapy W/ ELLA—CCHH&H</i> 1:30 Inspiring Poetry 2:00 Winter Pine Forest 3:00 Brain Tease Cubes	6 9:30 Scarves Dance 10:30 Crossword Board 1:30 <i>UCSB Art Alliance</i> 2:00 Winter Jazz Music 3:00 Guess The Animal Sound	7 9:30 Brain Fitness 10:30 <i>Teka's Therapy Music—CCHH&H winter Wonderland Cozy Time!</i> 1:30 Jokes & Riddles 2:00 Winter Wonderland 3:00 Any Get Your Guns	8 9:30 Scarves Dance 10:30 Loteria 1:30 <i>Cycling W/ Out Age</i> 2:00 Gardens In Winter 3:00 Brain Stimulating Boards	9 9:30 Brain Fitness 10:30 <i>Literature W/ Gail C</i> 1:30 Senior Mini Stories 2:00 <i>Winter Owls</i> 3:00 Carrousel	10 9:30 Scarves Dance 10:30 Seek & Match Cards 1:30 Fresh Flower Arrangements 2:00 Winter Europe 3:00 Cards Match Games
11 9:30 Calm Aerobics 10:30 Today in History 1:30 Memory Lane 50's 2:00 Mackinac Island Winter Walks 3:00 Game Hour	12 9:30 Wake Up Moves 10:30 Puzzles Sequence 1:30 Trivia Challenge 2:00 Falling Snow Sceneries 3:00 The Book Of Fun Facts Of Useless Information	13 9:30 Calm Aerobics 10:30 Bingo 1:30 <i>UCSB Art Alliance</i> 2:00 Desert Landscapes In Winter 3:00 I Knew That Trivia	14 9:30 Wake Up Moves 10:30 Puzzles Challenge 1:45 <i>All Jan's Birthdays Celebration W/ Music By Stefana Dadas</i> 3:00 Oliver	15 9:30 Calm Aerobics 10:30 Mandala Coloring 1:30 <i>Cycling W/ Out Age</i> 2:00 Classical Orchestra 3:00 Stimulating Sensory Cards	16 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	17 9:30 Calm Aerobics 10:30 Socks' Soul Mates 1:30 Fresh Flower Arrangements 2:00 Winter Jazz classics 3:00 Humor Hour
18 9:30 Balls In Motion 10:30 Puzzle Connect 1:30 Short Stories Club 2:00 Sakura Blossoms 3:00 Guess The Song	19 9:30 Scarves Dance 10:30 <i>Music Therapy W/ Stefana Dadas—VNA</i> 1:30 Sing Along 50's 2:00 Music Connection 3:00 Martin Luther King Trivia	20 9:30 Balls In Motion 10:30 Giant Dart Board 1:30 <i>UCSB Art Alliance</i> 2:00 Tibetan Healing Flute 3:00 My Picture Talk (whose face is this?)	21 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	22 9:30 Balls In Motion 10:30 Watercolors Canvas 1:30 <i>Cycling W/ Out Age</i> 2:00 Ela Fitzgerald jazz 3:00 Poetry Hour	23 9:30 Scarves Dance 10:30 <i>Literature W/ Gail C</i> 1:30 Seniors Short Stories 2:00 National Geography 3:00 Brigadoon	24 9:30 Balls In Motion 10:30 Parachute Gather 1:30 Fresh Flower Arrangements 2:00 Nat King Cole 3:00 Jokes & Riddles
25 9:30 Morning Stretches 10:30 Jokes & Riddles 1:30 Memory Lane 60's 2:00 Nature Sounds 3:00 Geography Trivia	26 9:30 Breathe & Exhale 10:30 <i>Art Therapy W/ ELLA—CCHH&H</i> 1:30 Trivia Challenge 2:00 California Mission Tour 3:00 Sentence Word Search	27 9:30 Morning Stretches 10:30 Giant Loteria 1:30 Relaxing Waterfalls 2:00 Winter Gardens 3:00 <i>Soul Therapy Hour W/ Monty</i>	28 9:30 Breathe & Exhale 10:30 Sentence's Word Search 1:30 Guess The Mystery Box 2:00 Winter Wild Life 3:00 The Fiddle On The Roof	29 9:30 Morning Stretches 10:30 Hearst Castle Tour 1:30 <i>Cycling W/ Out Age</i> 2:00 Rainforest Alive 3:00 Game Hour	30 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	31 9:30 Morning Stretches 10:30 Jenga Building 1:30 Fresh Flower Arrangements 2:00 Iconic Lighthouses 3:00 Sing Along 60's
 Villa Alamar 45 East Alamar. Santa Barbara CA . 93105 (805) 682-9345. VillaAlamar.com Lic. 425850001. Hydration is served Daily @ 10:00 a.m Lunch 11:30-12:45, & Snack @ 2:00 p.m Schedule is subject to changes			Adventures In Caring Visiting Our Seniors To converse And Connect With Them Times TBA As Available	 Adventures in Caring		All January's Birthdays Celebration Wednesday the 14th At 1:45 DIANA R Jan 14th MYRTA B Jan 21st JUDITH G Jan 24th