Villa Alamar
MEMORY CARE

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St. Patrick's Day	**Happy St. Patrick's Day** **Let's green up Leprechauns won't pinch us as we celebrate St. Patrick's Day Tuesday March 17th at 2pm. Light appetizers and Music by Rod Robles**				**March's Birthdays Celebration** **Wednesday, March 11th @ 1:30 pm** **Music by Stefana Dadas** **MARY JANE 03/07th** **MARY ANN 03/17th JULIE 03/31th**	
1 **9:30** Yoga Meditation **10:30** Crossword Puzzles (On dry erase sheets) **1:30** Poetic Readings **2:00** Ocean Life Trivia **3:00** World Music Therapy Day + Trivia	**2** **9:30** Swirling Scarves **10:30 Art Therapy w/ ELLA—CCHH&H** **1:30** Wild Horses Sceneries **2:00** Music Connection **3:00** Sensory Fidget Gadgets	**3** **9:30** Yoga Meditation **10:30** Bingo **1:30 UCSB Art Alliance** **2:00** Memory Lane Of 60's **3:00** Botanical Garden Tour	**4** **9:30** Upper Body Moves **10:30 Teka's Therapy Music—CCHH&H** **1:30** Nat King Cole's Jazz Piano **2:00** Classics Of The 60's **3:00** Ladies in Lavander	**5** **9:30** Swirling Scarves **10:30** Picasso (Dove of Peace) **1:30 Cycling Without Age** **2:00** Nature Of The Amazons **3:00** Match Picture Puzzles	**6** **9:30** Wake Up Moves **10:30 Literature w/ Gail C** **1:30** The Mystery Box (Feel it & guess it) **2:00** Mozart's Concertos **3:00** Grease	**7** **9:30** Chair Yoga **10:30** Category Puzzles **1:30** Jokes & Good Humor **2:00** Soothing Waterfalls **3:00** Architectural Wonders
8 **9:30** Floor Baseball (w/ noodles & balloons) **10:30** Short Stories Club **1:30** Walk In Our Garden **2:00** Golden Oldies **3:00** Sequence Puzzles	**9** **9:30** Calm Aerobics **10:30** Socks Seek Their Match **1:30** Jokes & Riddles **2:00** National Geography **3:00** Mozart's Melodic Music	**10** **9:30** Chair Yoga **10:30** Sequence Puzzles (Household theme) **1:30 UCSB Art Alliance** **2:00** Therapeutic Sceneries **3:00** Giant Jenga Blocks	**11** **9:30** Calm Aerobics **10:30** Poetry Club **1:30 Birthdays Celebration W/ Stefana Dadas** **2:00** Hot Air Balloon Festival Show **3:00** Mary Poppins	**12** **9:30** Postures & Flexes **10:30** Scrabble Words **1:30 Cycling Without Age** **2:00** Classical Orchestra **3:00** Bird Watching	**13** **9:30** Calm Aerobics **10:30 Literature W/ Gail C** **1:30** Brain Cube Games **2:00** Baby Farm Animals Clips **3:00** Billy Elliot	**14** **9:30** Brain Fitness **10:30** Loteria **1:30** Sing Along **2:00** Therapeutic Sounds **3:00** Memory Card Games (Mental challenge)
15 **9:30** Chair Yoga **10:30** Mandala Coloring **1:30** Mountains Sceneries **2:00** Memory Lane 50's & 60's **3:00** Visual Poetry	**16** **9:30** Swirling Scarves **10:30 Music Therapy W/ Stefana Dadas—VNA** **1:30** Meadows and Sunshine **2:00** Music Connection **3:00** Anecdotal Sharing	**17** **9:30** Rhythms Of The Sea **10:30** St. Patrick's Day History Trivia **1:30** Ireland's Landmarks **2:00 St. Patrick's Party** Happy St. Patrick's Day!!!	**18** **9:30** Swirling Scarves **10:30 Teka's Therapy Music—CCHH&H** **1:30** Jokes & Riddles **2:00** Wonders Of The World **3:00** The Music Man	**19** **9:30** Rhythms Of The Sea **10:30** Water Colors Canvas **1:30 Cycling Without Age** **2:00** National Geography **3:00** Iconic Light Houses	**20** **9:30** Swirling Scarves **10:30 Literature w/Gail C** **1:30** California Trivia **2:00** Therapeutic Sounds **3:00** The Bridges of Madison County	**21** **9:30** Morning Moves **10:30** Giant Jenga **1:30** Flower Arrangements **2:00** Botanical Gardens **3:00** Dry Erase Sheets Crossword Puzzles
22 **9:30** Yoga Meditation **10:30** Crossword Puzzles (On dry erase sheets) **1:30** Brain Tease Cubes **2:00** Ocean Life Trivia **3:00** Hawaiian Islands	**23** **9:30** Chair Yoga **10:30** Bowling **1:30** Culinary Trivia **2:00** Grand Canyon Tour **3:00** Stimulating Sensory Gadgets	**24** **9:30** Floor Baseball **10:30** Poetry Club (Senior Themes) **1:30** Knowledge Trivia **2:00** Waterfalls Sceneries **3:00** Socks Seek Their Match	**25** **9:30** Chair Yoga **10:30** Aqua Mystery Painting **1:30** Jungle Baby Animals Clips **2:00** Music of our Times **3:00** An Affair To Remember	**26** **9:30** Floor Baseball **10:30** Bingo **1:30 Cycling Without Age** **2:00** Doris Day Hour **3:00** Travel Clips (Guess the place)	**27** **9:30** Chair Yoga **10:30 Literature W/ Gail C** **1:30** Exploring Our Gardens **2:00** Therapeutic Zens **3:00** Seabiscuit	**28** **9:30** Floor Baseball **10:30** Parachute Gather **1:30** Stimulating Sensory Gadgets **2:00** "The Voice" Of Frank Sinatra **3:00** Cards Game Hour
29 **9:30** Postures & Flexes **10:30** Bingo **1:30** Card Match Games **2:00** Susie Q Sing Along **3:00** Wild Forest Life Trivia	**30** **9:30** Yoga Meditation **10:30 Art Therapy w/ ELLA—CCHH&H** **1:30** Aquariums' Wonders **2:00** Famous Monuments **3:00** Board Games	**31** **9:30** Lower Body Moves **10:30** Monet (Water Lilies) **1:30** Stimulating Boards **2:00** Wild Horses On The Go **3:00 Relax w/ Monty The Therapy Dog**	Adventures in Caring ***Adventures in caring visiting to chat and connect with 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 am & Snack 2 pm*** ***Schedule is subject to changes***	