



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Viva La Fiesta! Join us Tuesday August 4th at 2:00 Enjoy Baile de California group dance, Light appetizers and refreshments Please RSVP To Michelle@VillaAlamar.com by Thu Jul 30th		 All August's Birthdays To Be Celebrated On Wednesday The 19th At 10:30 LINDA J 8/16TH MARJORIE H 8/25TH				1 9:30 Morning Stretches 10:30 Mancala Coloring 1:30 Flower Arrangements 2:00 Mediterranean Bliss 3:00 Sensory Hour
2 9:30 In Motion w/ Scarves 10:30 Book Club 1:30 Classic Piano Trivia 2:00 Wild Horses Migration	3 9:30 Brain Fitness 10:30 <i>Serenity Art w/ ELLA—CCHH&H</i> 1:30 Inspiring Poetry 2:00 Ocean Life Reef 3:00 Brain Tease Cubes	4 9:30 In Motion w/ Scarves 10:30 Santa Barbara Parade History Trivia 2:00 Viva La Fiesta Live Show! 	5 9:30 Brain Fitness 10:30 <i>Teka's Therapy Music—CCHH&H</i> 1:30 Jokes & Riddles 2:00 50's Summer Vibes 3:00 West Side Story	6 9:30 In Motion w/ Scarves 10:30 Loteria 1:30 <i>Cycling w/ Out Age</i> 2:00 Gardens In 3:00 Brain Stimulating	7 9:30 Brain Fitness 10:30 <i>Literature w/ Gail C</i> 1:30 Senior Mini Stories 2:00 <i>Wild Flowers Hills</i> 3:00 Carrousel	8 9:30 In Motion w/ Scarves 10:30 Seek & Match Cards 1:30 Fresh Flower Arrangements 2:00 Europe in Tour 3:00 Cards Match Games
9 9:30 Calm Aerobics 10:30 Today in History 1:30 Memory Lane 50's 2:00 Wild Birds Of The Amazons 3:00 Game Hour	10 9:30 Wake Up Moves 10:30 Puzzles Sequence 1:30 Mix Trivia Challenge 2:00 River Wonders 3:00 The Useless Book Of Fun Facts	11 9:30 Calm Aerobics 10:30 Stories w/ Scents 1:30 Geography Cards 2:00 Desert Landscapes 3:00 I Heard Of That! 60's Trivia	12 9:30 Wake Up Moves 10:30 Santa Barbara Streets Names Trivia 1:30 Jokes & Riddles 2:00 <i>The Niagara Falls</i> 3:00 Oliver	13 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	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 Match Search 1:30 Fresh Flower Arrangements 2:00 Jazz 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>Socks Match Search</i> 1:30 Sing Along 50's 2:00 Music Connection 3:00 Humor Hour	18 9:30 Balls In Motion 10:30 Giant Dart Board 1:30 True/False ?'s 2:00 Tibetan Healing Flute 3:00 My Picture Talk (whose face is this?)	19 9:30 Scarves Dance 10:30 Birthdays Celebration w/ Teka's Music  1:30 Old Wise 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 Poetry Hour	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 Fresh Flower Arrangements 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 The Book Of Useless Fun Facts	24 9:30 Breathe & Exhale 10:30 <i>Serenity Art w/ ELLA—CCHH&H</i> 1:30 Trivia Challenge 2:00 California Mission Tour 3:00 Sentence Word Search	25 9:30 Morning Stretches 10:30 Puzzles Challenge 1:30 Karaoke Fun 2:00 Summer In Sevilla 3:00 <i>Relax w/ Monty The Therapy Dog</i> 	26 9:30 Breathe & Exhale 10:30 Sentence Word Search 1:30 <i>Music For The Soul w/ Stefana Dadas—VNA</i> 2:00 Wild Safari Tours 3:00 The Fiddle On The Roof	27 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	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 Fresh Flower Arrangements 2:00 Iconic Lighthouses 3:00 Sing Along 60's
30 9:30 Wake Up Moves 10:30 Puzzles Sequence 1:30 Trivia Challenge 2:00 Sceneries 3:00 Geography Trivia	31 9:30 Circulating moves w/ Soft Rings 10:30 Sentence Word Board 1:30 Classic Piano Trivia 2:00 Meadow Flowers 3:00 Humor Hour	Adventures In Caring Visiting Our Seniors To Connect With Them And Vitalized Their Soul Times TBA As Available 		 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		