

| SUNDAY                                                                                                                                                                                                                                                                                                                                                                                                                          | MONDAY                                                                                                                                                               | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                     | SATURDAY                                                                                                                                |
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| <div> <p><b>Lisa W Sep 7th</b><br/><b>James (Jim) T Sep 12th</b><br/><b>Suzanne C. P Sep 24th</b><br/><b>William (Bill) K Sep 26th</b><br/><b>Celebration Wed 16Th @10:30</b></p> </div>                                                                                                                                                                                                                                        |                                                                                                                                                                      |                                                                                                                                                           |                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                            |                                                                                                                                         |
| <div> <p><b>Let's Celebrate Labor Day 2026</b></p> <p>Please Join Us Tuesday September 8th At 12:00 Noon. Enjoy A Special Barbecue Style Lunch With Our Residents, Families, Staff And Friends In Appreciation For The Caring Work That We All Contribute With All Year Round. Live Music by Al Vafa</p> <p>Please RSVP at <a href="mailto:Michelle@VillaAlamar.com">Michelle@VillaAlamar.com</a> by Sunday Sept 6th</p> </div> |                                                                                                                                                                      |                                                                                                                                                           |                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                            |                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                      | 1                                                                                                                                                         | 2                                                                                                                                                    | 3                                                                                                                                                                                                                                                                                                                                                                 | 4                                                                                                                                          | 5                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                      | 9:30 Balls In Motion<br>10:00 Bingo<br>1:30 Brain Tease Boards<br>2:00 World's Architectural Wonders<br>3:00 Guest The States By Their Slogans            | 9:30 Rhythms Of The Sea<br>10:30 Teka's Therapy Music-CCHH&H<br>1:30 Brain Tease Boards<br>2:00 Grand Canyon Tour<br>3:00 The Unsinkable Molly Brown | 9:30 Balls In Motion<br>10:00 Mandala Coloring<br>1:30 Cycling w/ Out Age<br>2:00 Nature Hour<br>3:00 Busy Puppies Clips                                                                                                                                                                                                                                          | 9:30 Rhythms Of The Sea<br>10:30 Literature w/ Gail C<br>1:30 Sports Trivia<br>2:00 National Geographic<br>3:00 Annie                      | 9:30 Balls In Motion<br>10:00 Parachute Gather<br>1:30 Audio Poetry<br>2:00 The Missions Tour<br>3:00 Comedy Hour                       |
| 6                                                                                                                                                                                                                                                                                                                                                                                                                               | 7                                                                                                                                                                    | 8                                                                                                                                                         | 9                                                                                                                                                    | 10                                                                                                                                                                                                                                                                                                                                                                | 11                                                                                                                                         | 12                                                                                                                                      |
| 9:30 Circulating Feet<br>10:00 Puzzles Sequence<br>1:30 Spiritual Hymns<br>2:00 Tropical Waterfalls<br>3:00 The Art Of Letting Go (Water Painting)                                                                                                                                                                                                                                                                              | 9:30 Calm Aerobics<br>10:30 Art With Ella—CCHH&H<br>1:30 Let's Talk About Those News Stories<br>2:00 Groovy 70's<br>3:00 Socks Seek Their Match                      | 9:30 Circulating Feet<br>10:00 Labor Day Trivia<br>12:00 Labor Day Lunch Party<br>2:00 Nature Hour<br>3:00 Let's Take A Stroll                            | 9:30 Calm Aerobics<br>10:30 Big Board Word Search<br>1:30 Music For The Soul w/ Stefana D—VNA<br>2:00 Dutch Gardens Tour<br>3:00 My Fair Lady        | 9:30 Circulating Feet<br>10:00 Poetry For Senior<br>1:30 Cycling w/ Out Age<br>2:00 Classic 60's Guitar<br>3:00 National Geography Wonders Of The Ocean                                                                                                                                                                                                           | 9:30 Calm Aerobics<br>10:30 Literature w/ Gail C<br>1:30 Brain Cube Games<br>2:00 Therapeutic Sounds<br>3:00 The Pirate                    | 9:30 Circulating Feet<br>10:00 Game Hour<br>1:30 70's Music Trivia<br>2:00 Nat King Cole<br>3:00 Sensory Hour                           |
| 13                                                                                                                                                                                                                                                                                                                                                                                                                              | 14                                                                                                                                                                   | 15                                                                                                                                                        | 16                                                                                                                                                   | 17                                                                                                                                                                                                                                                                                                                                                                | 18                                                                                                                                         | 19                                                                                                                                      |
| 9:30 Swirling Scarves<br>10:00 Mix & Match Cards<br>1:30 Spiritual Hymns<br>2:00 Busy Ocean Life<br>3:00 Famous Landmarks Of USA                                                                                                                                                                                                                                                                                                | 9:30 Mind & Body Calmness<br>10:00 Water Colors Canvas<br>1:30 Kids Say The Funniest Things<br>2:00 Meadow Sceneries<br>3:00 Let's Reminisce About Our Funny Moments | 9:30 Swirling Scarves<br>10:00 Michael Angelo- (Adam's Creation)<br>1:30 Today in History<br>2:00 Sailing Away Show<br>3:00 Guest The Described Scenarios | 9:30 Mind & Body Calmness<br>10:30 Birthdays Celebration w/ Teka's Music<br>1:30 Jokes & Riddles<br>2:00 kite Festival Show<br>3:00 Oliver           | 9:30 Swirling Scarves<br>10:00 Bingo<br>1:30 Cycling w/ Out Age<br>2:00 Poems From The Wise<br>3:00 General Knowledge Trivia                                                                                                                                                                                                                                      | 9:30 Mind & Body Calmness<br>10:30 Literature w/ Gail C<br>1:30 Critical Thinking Cubes<br>2:00 California Landmarks<br>3:00 Calamity Jane | 9:30 Swirling Scarves<br>10:00 Walk In Our Gardens<br>1:30 Flower Arrangements<br>2:00 Nature Sceneries Hour<br>3:00 Scent Hand Massage |
| 20                                                                                                                                                                                                                                                                                                                                                                                                                              | 21                                                                                                                                                                   | 22                                                                                                                                                        | 23                                                                                                                                                   | 24                                                                                                                                                                                                                                                                                                                                                                | 25                                                                                                                                         | 26                                                                                                                                      |
| 9:30 Chair Yoga<br>10:00 Baroque Wonders<br>1:30 Spiritual Hymns<br>2:00 Classic Car Show<br>3:00 Table Puzzles                                                                                                                                                                                                                                                                                                                 | 9:30 Floor Baseball<br>10:30 Art w/ ELLA—CCHH&H<br>1:30 Dominoes Match<br>2:00 Sing Along 70's Hour<br>3:00 Uplifting Short Stories                                  | 9:30 Chair Yoga<br>10:00 Outing w/ Michelle<br>1:30 Famous Quotes From The Elders<br>2:00 Nature Sounds<br>3:00 Scrabble Word Sentence                    | 9:30 Floor Baseball<br>10:00 Crossword Puzzle<br>1:30 Parachute Gather<br>2:00 Music Of our Times<br>3:00 Oklahoma                                   | 9:30 Chair Yoga<br>10:00 Monet (Water Lily Pond)<br>1:30 Cycling w/ Out Age<br>2:00 Doris Day Hour<br>3:00 Food Trivia                                                                                                                                                                                                                                            | 9:30 Floor Baseball<br>10:30 Literature w/ Gail C<br>1:30 Stroll In the Garden<br>2:00 Sound Therapy<br>3:00 Overboard                     | 9:30 Chair Yoga<br>10:00 Loteria<br>1:30 Stimulating Sensory<br>2:00 Memory Lane 60's<br>3:00 Match Sequence Puzzles                    |
| 27                                                                                                                                                                                                                                                                                                                                                                                                                              | 28                                                                                                                                                                   | 29                                                                                                                                                        | 30                                                                                                                                                   | Villa Alamar 45 East Alamar. Santa Barbara CA . 93105(805) 682-9345. <a href="http://VillaAlamar.com">VillaAlamar.com</a> Lic. 425850001.<br>Hydration is served Daily @ 10:00 a.m Lunch 11:30-12:45, & Snack @ 2:00 p.m .Schedule is subject to changes<br>Adventures In Caring Visiting Our Seniors To Connect With Them & Brighten Their Day. TBA As Available |                                                                                                                                            |                                                                                                                                         |
| 9:30 Postures & Flexes<br>10:30 Loteria<br>1:30 Spiritual Hymns<br>2:00 Susy Q Sing Along<br>3:00 Book Club                                                                                                                                                                                                                                                                                                                     | 9:30 Floating Balloons<br>10:00 Parachute Gather<br>1:30 Jokes & Riddles<br>2:00 Tibetan Healing Flute<br>3:00 Bowling Alley                                         | 9:30 Postures & Flexes<br>10:00 Crossword Puzzles<br>1:30 Cards Match Game<br>2:30 Relax w/ Monty The Therapy Dog<br>3:30 Dogs Show Clips                 | 9:30 Floating Balloons<br>10:30 Music For The Soul w/ Stefana D—VNA<br>1:30 Funny Stories & Facts<br>2:00 Memory Lane Of 60's<br>3:00 Cinderella     |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                            |                                                                                                                                         |