Villa Alama MEMORY CARE

Please join us for a thankful feast on November 24th @ 12:00pm. Please RSVP to Michelle@villaAlamar.com

Happy Thanksgiving

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **9:30** scarf Dance **10:00** See & Match Cards **1:30** Bubbles Galore **2:00** River Wonders **3:00** Music Trivia 60-70's	2 **9:30** Chair Yoga **10:00** **Serenity Art w/ Ella-CCHH&H** **1:30** Jokes & Riddles **2:00** Botanical Gardens **3:00** Humor Hour	3 **9:30** Scarf Dance **10:00** Bingo **1:30** **UCSB Art Alliance** **2:00** Therapeutic Sounds **3:00** Short Stories for Seniors	4 **9:30** Chair Yoga **10:30** **Teka's Guitar Music-CCHH&H** **1:30** Today in History **2:00** Rainforest Alive **3:00** Any Get Your Guns	5 **9:30** Scarf Dance **10:00** Farm Theme Sequence Puzzles **1:30** **Cycling w/out Age** **2:00** Doris Day Classics **3:00** Karaoke 70's-80's	6 **9:30** Chair Yoga **10:30** **Literature w/ Gail C** **1:30** Dominoes Match **2:00** Architectural Wonders **3:00** The King And I	7 **9:30** Scarf Dance **10:00** Mandala Paints **1:30** **Floral Hour** **2:00** Iconic Lighthouse **3:00** Cards & Dominoes Match
8 **9:30** Wake up Moves **10:00** Jenga Blocks **1:30** Jokes & Riddles **2:00** Country Guitar **3:00** Sports Hour	9 **9:30** Feet in Motion **10:00** Book of Useless Fun Information **1:30** Wise Quotes **2:00** Autum Meadows **3:00** Picture Matching Card Game	10 **9:30** Wake up Moves **10:00** Group Puzzles Challenge **1:30** **UCSB Art Alliance** **2:00** Funny Baby Clips **3:00** **MONTY LOVE**	11 **9:30** Feet in Motion **10:00** Parachute Gather **1:30** **Celebrate Nov's Birthdays w/ Soul Music by Stefana D-VNA** **2:00** Farm Baby Animals **3:00** State Fair	12 **9:30** Wake up Moves **10:45** **Serenades w/ Gonzalo** **1:30** **Cycling w/out Age** **2:00** Autumn Vibes **3:00** History Has It That...	13 **9:30** Feet in Motion **10:30** **Literature w/ Gail C** **1:30** Anecdotal Moments **2:00** Rare Birds Sighting **3:00** Brigadoon	14 **9:30** Wake up Moves **10:00** Loteria **1:30** **Floral Hour** **2:00** The Niagara Falls **3:00** Jenga Blocks Building
15 **9:30** Reach for the Sky **10:00** Category Puzzles **1:30** The Mistey Box **2:00** National Geography **3:00** Jokes & Riddles	16 **9:30** Breath & Exhale **10:00** **Serenity Art w/ Ella-CCHH&H** **1:30** Poetry in Motion **2:00** lakesideTranquil Jazz **3:00** Sensory Hour	17 **9:30** Reach for the Sky **10:00** Bingo **1:30** **UCSB Art Alliance** **2:00** Travel to Europe **3:00** Bowling Alley	18 **9:30** Breath & Exhale **10:30** **Teka's Guitar Music-CCHH&H** **1:30** Karaoke w/ Susie Q **2:00** Piano Classics **3:00** The Tunnel of Love	19 **9:30** Reach for the Sky **10:00** Monet-Waterlilies **1:30** **Cycling w/out Age** **2:00** Mozart's Sonatas **3:00** Famous Wise Quotes	20 **9:30** Breath & Exhale **10:30** **Literature w/ Gail C** **1:30** Food Trivia **2:00** Funk Music 70's **3:00** The Fiddle On The Roof	21 **9:30** Reach for the Sky **10:00** Socks Matching **1:30** **Floral Hour** **2:00** Duth Gardens **3:00** Brain Tease Boards
22 **9:30** Swaying Noodles **10:00** Pictures Matching **1:30** Guess the Animals by their Sounds **2:00** SB Mission Tours **3:00** Poetry in Motion	23 **9:30** Calm Aerobics **10:00** Watercolor Art **1:30** California Trivia **2:00** Amour Divine **3:00** Mirroring Puzzle Connects	24 **9:30** Swaying Noodles **10:00** Cards Matching **12:00** **Thanksgiving Lunch** **2:00** Nat King Cole **3:00** Thanksgiving Trivia	25 **9:30** Calm Aerobics **10:00** Word Search **1:30** Jokes & Riddles **2:00** Classical Orchestra **3:00** It Is A Great Feeling	26 **9:30** Swaying Noodles **10:45** **Serenades w/ Gonzalo** **1:30** **Cycling w/out Age** **2:00** Ella Fitzgerald Jazz **3:00** Sports Hour	27 **9:30** Calm Aerobics **10:30** **Literature w/ Gail C** **1:30** Famous Monuments **2:00** French Missions Tours **3:00** My Fair Lady	28 **9:30** Swaying Noodles **10:00** Puzzles Connect **1:30** **Floral Hour** **2:00** Classic Oldies 60's **3:00** Easy General Knowledge Trivia
29 **9:30** Feet in Motion **10:00** Loteria **1:30** Food Trivia **2:00** Mediterranean Blizz **3:00** Scenes Sequence Cards	30 **9:30** Wake up Moves **10:00** Short Stories Club **1:30** Classic Piano Trivia **2:00** Wild Birds in Fall **3:00** Fidget's Brain Fitnest	HAPPY BIRTHDAY GLORIA B Oct. 21st	Adventures in Caring Times TBA as Availabe Adventures in Caring			

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Lic.425850001
Daily hydration is @10:00a.m
Lunch @11:45 & snack @2:00p.m.
Schedule is subject to changes