

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Villa Alamar 45 East Alamar. Santa Barbara CA . 93105 (805) 682-9345 VillaAlamar.com Lic. 425850001 Hydration is served daily at 10AM lunch 11:30AM-12:45PM, & snacks at 2PM <i>Schedule is subject to changes.</i></p>  <p><i>Adventures in Caring Visiting to Chat and Connect with our seniors TBA as available.</i></p>		<p><i>Happy Birthday Mirta Laura S 02/24th</i> All birthdays celebration will be on Wednesday the 18th at 10:30 with special snacks and refreshments Live Music By Stefana Dadas</p> 		<p>Happy Valentines Day Families, friends and staff, join us in celebration of our year round love and compassion for our lovely Senior residents Bee their Valentines Tuesday Feb 10th at 2:00 Enjoy light appetizers and refreshments Featuring Live Music By Adriana Reyna</p>  		
1 9:30 Chair Yoga 10:30 Sports Hour 1:30 Wak In The Garden 2:00 World Tour France 3:00 Lakes of USA in Winter	2 9:30 Reach For The Sky 10:30 Art Therapy W/ Ella—CCH&H 1:30 True Or False Trivia 2:00 Tours Of California Missions 3:00 Poetry Hour	3 9:30 Feel Your Toes 10:30 Art-Michelangelo The Creation Of Adam 1:30 UCSB Art Alliance 2:30 SBHM Presents: THE FLYING A (History of the early film era in Santa Barbara)	4 9:30 Reach For The Sky 10:30 Teka's Therapy Music —CCH&H 1:30 Garden Stroll 2:00 Wild Horses By The Meadows 3:00 Calamity Jane 🎭	5 9:30 Feel Your Toes 10:30 Giant Loteria 1:30 Cycling W/ Out Age 2:00 Architecture Wonders 3:00 Socks Seek Their Match	6 9:30 Reach For The Sky 10:30 Literature w/ Gail C 1:30 Brain Games Boards 2:00 The 60's Hour 3:00 South Pacific 🎭	7 9:30 Feel Your Toes 10:30 Critical Thinking Geo Boards 1:30 Fresh Flower Arrangements 2:00 Therapeutic Zens 3:00 Match Cards Games
8 9:30 Dancing Scarves 10:30 Sensory Hour 1:30 Patio Gather 2:00 Winter Meadow Sceneries 3:00 Deep Blue Ocean Exploration	9 9:30 Knees In Rhythms 10:30 Puzzles In Sequences 1:30 A Stroll In The Garden 2:00 Music Connection (60's) 3:00 Amour Divin Sceneries (Michel Pepe)	10 9:30 Dancing Scarves 9:30 Today In History 1:30 Scenic Travel 2:00 Valentines' Celebration Party	11 9:30 Knees In Rhythms 10:30 Parachute Gather 1:30 Music Therapy W/ Stefana Dadas—VNA 2:00 River Canoeing 3:00 The Pirate 🎭	12 9:30 Dancing Scarves 10:30 Monet Art (Water Lilies) 1:30 Cycling W/Out Age 2:00 Mozart's Sonatas 3:00 Spin & Win (A treat)	13 9:30 Knees In Rhythms 10:30 Literature w/Gail C (Valentines' Theme) 1:30 Decode The Sound 2:00 Scenic Travels 3:00 The King And I 🎭	14 9:30 Dancing Scarves 10:30 Game Hour 1:30 Fresh Flower Arrangements 2:00 Birds Of The Amazone 3:00 Valentines' Trivia
15 9:30 Postures & Flexes 10:30 Critical Thinking Geo Boards 1:30 Poetry Club 2:00 Gardens Of Paris 3:00 Scenarios Cards Match	16 9:30 Breath & Relax 10:30 Music Therapy W/ Stefana Dadas—VNA 1:30 Velcro Balls & Darts 2:00 Piano Concert Show 3:00 The Wonder Box (What is it?)	17 9:30 Postures & Flexes 10:30 The Art Of Letting Go (Water painting) 1:30 UCSB Art Alliance 2:00 Doris Day Hour 3:00 Geography Trivia Cards	18 9:30 Breath & Relax 10:30 All Feb's Birthdays Celebration W/ Music By Teka—CCH&H 1:30 Dominoes Game 2:00 Music of our Times 3:00 The Little Rascals 🎭	19 9:30 Postures & Flexes 10:30 Crossword Board 1:30 Cycling With Out Age 2:00 Doris Day Hour 3:00 Music of our Lives	20 9:30 Breath & Relax 10:30 Literature w/ Gail C 1:30 Patio Gather 2:00 Sound Therapy 3:00 Cinderella 🎭	21 9:30 Postures & Flexes 10:30 Critical Thinking Hour 1:30 Fresh Flower Arrangements 2:00 Wild Winter Baby Animals 3:00 Ocean Reef Trivia
22 9:30 Feet In Motion 10:30 Sports Hour 1:30 Sing Along 50's 2:00 Rainforest Life 3:00 California Missions Tours	23 9:30 Mindful Meditation 10:30 Art Therapy W/ Ella—CCH&H 1:30 Stories Sharing 2:00 Memory Lane Songs 3:00 Faces Of Our Community (pictures)	24 9:30 Feet In Motion 10:30 Bingo 1:30 UCSB Art Alliance 2:00 Botanical Gardens 3:00 Soul Therapy Hour W/ Monty	25 9:30 Mindful Meditation 10:30 Van Gough Hour 1:30 Inspirational Poetry 2:00 Hot Air Ballon Festival 3:00 The Unsinkable Molly Brown 🎭	26 9:30 Dancing Scarves 10:30 Today In History 1:30 Cycling W/Out Age 2:00 Waterfalls Sceneries 3:00 Scented Balls 4 Senses	27 9:30 Knees In Rhythms 10:30 Literature w/ Gail C 1:30 California Trivia 2:00 Poetic Melodies W/ Chopin 3:00 State Fair 🎭	28 9:30 Dancing Scarves 10:30 Game Hour 1:30 Fresh Flower Arrangements 2:00 Classic Piano 3:00 Nature Country Sceneries