

A SEASON TO BE THANKFUL



A Note From Mitch Celebrating the Fall Together

There's something about fall that invites us to slow down and appreciate the simple pleasures around us. When our residents and families gather for a meal or join in activities together, I'm reminded that these connections are what truly matter.



Our staff at The Alexander Properties brings creativity, compassion, and heart to everyday life at our communities. It's this spirit that makes life at Alexander Gardens Assisted Living and Villa Alamar Memory Care so special.

In our November newsletter, you'll find family stories, favorite traditions, and heartfelt memories that capture what this season means to all of us. As we move through the month, on Veterans Day, we honor the brave men and women who served our country. Their courage and sacrifice gave us the freedom and peace we cherish today.

I'm especially looking forward to our Thanksgiving lunch at the end of the month. There's nothing quite like gathering around the table with residents, staff, and families to share good food and warm conversation.

You'll enjoy reading about Alexander Gardens resident Sherrill Pfeiffer and her lifetime devoted to music. Her story is truly inspiring.

I look forward to celebrating together and creating a memorable 2025 holiday season.

Warmly,
Mitch Leichter
Executive Director & Partner

P.S. Be sure to check our *November Calendar of Events* for all the upcoming celebrations, gatherings, and musical moments at both Alexander Gardens and Villa Alamar!



Family Participation is Encouraged! The active participation of our friends and family members in our events is a cornerstone of our programs. You are also invited to attend all activities, festivities, and special occasion celebrations.

[Villa Alamar](#)
[November Calendar](#)



We emphasize health and wellness as part of our life enrichment program. The program is designed around the entire Alexander Gardens community. Enriching the lives of our residents with stimulating and engaging activities. Please join us!

[Alexander Gardens November](#)
[Calendar](#)

Santa Barbara Senior Expo Community Connections



Last month's Senior Expo was a wonderful opportunity to meet caring professionals and families from across our community. With her genuine smile and kind energy, Diane Blair represented Alexander Gardens and Villa Alamar. Her friendly smile truly reflects the heart of our community.

Featuring Alexander Gardens Sherrill Pfeiffer, a Lifetime in Music

Harmony and Heart

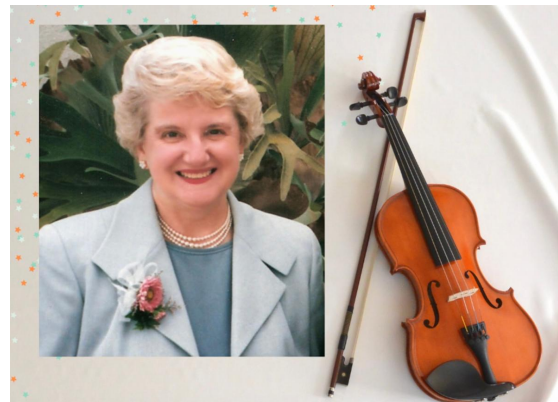
Sherrill began piano lessons early in childhood and developed a lifelong love of music.

She and her sister, Marcia, took Gamelan music lessons in preschool, and by age 11, Sherrill had set her sights on the viola and never looked back.

She practiced diligently throughout the years and spent her summers studying at the Music Academy of the West in Montecito. When the Santa Barbara Symphony Orchestra was founded in 1953, Sherrill, while still in high school, became one of its very first members.

A Music graduate of UC Berkeley, Sherrill settled in the Bay Area, where she raised her family and brought music to life for students at Strandwood Elementary, accompanying plays and classroom performances on the piano.

During her years in the Bay Area, Sherrill performed with the Contra Costa



Symphony (now the California Symphony), the Diablo Symphony, and the Contra Costa Chamber Orchestra. She also appeared in numerous musical productions at the Civic Arts Theatre, now known as the Leshner Center for the Arts in Walnut Creek, California.

After returning to Santa Barbara, Sherrill quickly became active in the local music scene again. She joined the Santa Barbara City College Symphony under conductor James Mooy and performed with the Santa Barbara Music Club and the Live Oak Church Music Group. She took part in Easter services at the Santa Barbara Courthouse, Christmas programs, and Fourth of July concerts at Girsh Park.

Though she has since set her instruments aside, we're grateful to have Sherrill and her music as part of our community. Her lifelong love of music is an inspiration and joy to those around her.

Southern Candy Yams

Favorite Family Holiday Recipe



"You knew it was a special holiday when Papa baked his famous candy yams. Made with love and sweet as candy!"

-Timber, Alexander Gardens Family Member

Photos of Alexander Gardens Resident Amaryllis with family!



Southern Candy Yams

 1 -- 29oz yams drained + mashed

$\frac{1}{4}$ cup brown sugar

$\frac{1}{2}$ tsp Cinnamon

1 tsp nutmeg

1 tbsp. melted butter

$\frac{1}{4}$ cup cream

16 large marshmallows

 mix all ingre together except marshmall.

Pre heat oven 350°F.

grease baking dish

cut 6 marshmallows in half and add to mix save
the rest for the top

bake 20-minutes or when mixture is puffy
and top marshmallows are browned

THE END OF ALZHEIMER'S IS CLOSER THAN EVER. BUT WE NEED YOU.



Help Villa Alamar Memory Keepers keep the momentum going in your community!

Villa Alamar Memory Keepers is fundraising for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

Donate to support Villa Alamar Memory Keepers.

Scan the QR code and make an online donation today. All money raised through Walk to End Alzheimer's® benefits the care, support and research efforts of the Alzheimer's Association.



2025 Walk to End Alzheimer's - Santa Barbara, CA
Santa Barbara, CA
November 15, 2025

Join us at alz.org/walk

For 24/7 Alzheimer's care and support, call 800.272.3900.



Santa Barbara Holiday Events



The mission of the Santa Barbara Symphony is to enrich the lives of Santa Barbara residents by producing and presenting the highest quality musical experiences performed with

artistic excellence, which is accessible to the entire community; and to inspire a passion for symphonic music in the next generation of audience members, musicians and funders. [Explore More:](#)

Explore, Meet & Learn more about Alexander Gardens Assisted Living, Villa Alamar Memory Care & The Alexander Estate.

□ 2120 Santa Barbara Street, Santa Barbara, CA 93105

□ 805-682-9644

□ Tours welcome

□ [The Alexander Properties](#)

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93105 US

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