FRIENDSHIP CENTER
ADULT DAY SERVICES

August

Untagged · Action · Artistry · Learning Melody · Reflection
Emotional · Cognitive · Physical · Vocational Social · Spiritual
Environmental · Health · Intellectual · Health Services · SBCC



OLD SPANISH DAYS - FIESTA WEEK



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Chair Zumba 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Timo Nunez Arte Flamenco 1:00pm Trudy & Rob 1:30pm Art Room 2:00pm Music of Our Lives & Times SBCC 2:30pm Crossword Puzzles 3:00pm Spanish Tile Art 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Ring Toss	**4** 9:45am Fiesta Flower Girls 10:00am News and Chat 10:30am Fiesta Word Game 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm Travelogue - Spain 1:00pm Ball Toss and Games 1:00pm Cycling without Age 2:00pm Piñata Fun 3:00pm Loteria 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Papel Picado Art	**5** 10:00am Balloon Volleyball 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Patria Mexicana 1:00pm SBCC - Art Exploration 1:30pm Flower Arrangements 2:30pm Cruz Dance 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Santa Barbara Trivia	**6** 10:00am Seated Boxing Class 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Patria Mexicana 1:00pm La Fiesta Pequeña 1:00pm Cycling without Age 1:00pm Men's Group 1:45pm Music of Our Lives & Times SBCC 2:00pm Art Room 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Fiesta Art	**7** 10:00am Chair Zumba 10:30am Pet Therapy with Gerrie 11:00am Alma de Mexico 11:30am History of Fiestas 12:00pm Fiesta Celebrations! 12:30pm Word Games 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC
10 10:00am Balloon Volleyball 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Country Sing Along 1:00pm Exploring the Everglades 1:30pm Beach Walk 2:00pm Tape Tree Art with Maria 2:30pm Crossword Puzzles 3:00pm Everglade Trivia 3:00pm Nutrition & Wind Down 3:00pm Garden Club	**11** 10:00am Name that State with Erika 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Word Games 11:30am Dance Fitness with Leslie Sokol 1:00pm Cornhole with Renee 1:00pm Cycling without Age 1:30pm Art Room 2:00pm Bingo 2:30pm Word Search Club 3:00pm Flower Art 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Puzzle Table	**12** 10:00am Summer Reminiscing with Brian 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Mindful Stretch 1:00pm Ireland Travel with Maria 1:30pm Art Room 2:00pm Bingo 2:30pm Flower Arranging 3:00pm Puzzle Table 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Ring Toss	**13** 10:00am Hoop Basket with Paul 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm Guess the... 1:00pm Cycling without Age 1:00pm Men's Group 2:00pm Bingo 2:30pm Art Room 3:00pm Tree Art 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Puzzle Table	**14** 10:00am 50's Sing Along 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 12:45pm Bingo 1:00pm Happy Hour 2:00pm Nature Documentary
17 10:00am Songs for Seniors 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Boxing Fitness with Brian 1:00pm Trudy & Rob 1:15pm Beach Walk 2:00pm Stain Glass Art with Maria 2:15pm Ball Toss and Games 3:00pm Buzz Word Game 3:00pm Nutrition & Wind Down 3:00pm Garden Club	**18** 10:00am Name that Tune with Renee 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Disco Fitness 1:00pm Cuernavaca Travel with Erika 1:00pm Art Room 1:00pm Cycling without Age 2:00pm Water Balloon Toss 2:00pm Crossword Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Sun Art	**19** 10:00am Memory Lane Music 10:00am Fieldtrip: Grace Fisher Foundation 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 1:00pm New Zealand Travel with Lily 1:15pm Art Room 2:00pm Water Gun Fun with Paul 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Puzzle Table	**20** 10:00am Balloon Fun with Paul 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm Guess the... 1:00pm Cycling without Age 1:15pm Garden Club 2:00pm Card Making with Lily 2:15pm Ball Toss and Games	**21** 10:00am Country Sing Along 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 12:45pm Bingo 1:00pm Happy Hour 2:00pm Nature Documentary
24 10:00am Trends of the Decades with Brian 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm Word Games 1:15pm Beach Walk 1:45pm Music of Our Lives & Times SBCC 2:00pm Art Room 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Roundtable Chats: Hometowns	**25** 10:00am Name that Instrument 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Word Games 11:30am Dance Fitness with Leslie Sokol 1:00pm Cycling without Age 1:00pm SBCC - World Of Intrest 1:15pm Art Room 2:00pm SBCC - Travel & Exploration 2:00pm Ball Toss and Games 3:00pm Pinch Pot Making with Lily 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Ring Toss	**26** 10:00am Sunshine Songs with Maria 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Mindful Stretch 1:00pm Beach Walk 1:00pm SBCC - Art Exploration 2:00pm Word Search Club 2:30pm Bingo 3:00pm Nutrition & Wind Down 3:00pm Garden Club	**27** 10:00am Music Trivia with Erika 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Boxing Fitness with Brian 1:00pm Snapshot Band 1:00pm Cycling without Age 1:00pm Men's Group 1:15pm Art Room 2:00pm Music of Our Lives & Times SBCC 2:15pm Ball Toss and Games 3:00pm Water Fun 3:00pm Nutrition & Wind Down 3:00pm Garden Club 4:00pm Animal Art	**28** 10:00am The Winehounds 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 12:45pm Bingo 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC

FRIENDSHIP CENTER
ADULT DAY SERVICES

July

No Information

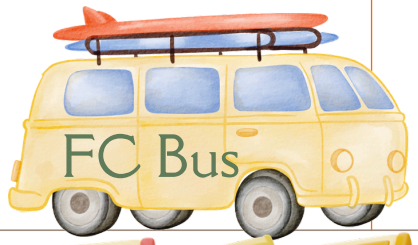
Untagged · Action · Artistry · Learning · Melody · Emotional · Cognitive · Physical · Vocational · Social · Spiritual · Health · Intellectual · Health Services · SBCC

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00am Patriotic Sing Along 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Yoga 1:00pm SBCC - Art Exploration 1:15pm Word Search Club 2:30pm Bingo 2:30pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Patriotic Trivia	**2** 10:00am Music with Sam Taylor 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 12:00pm 4th of July Lunch 1:00pm Happy Birthday Friendship Center 1:00pm Cycling without Age 1:00pm Men's Group 2:00pm Star Decorating 3:00pm Finish the ... 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Ring Toss	**3**  4th of July
6 10:00am 50's Sing Along 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Chair Aerobics 1:00pm Trudy & Rob 1:15pm Crossword Puzzles 2:00pm Music of Our Lives & Times SBCC 2:15pm Ball Toss and Games 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**7** 10:00am Country Sing Along 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Switzerland Travelog 11:30am Dance Fitness with Leslie Sokol 1:00pm Ball Toss and Games 1:00pm Cycling without Age 1:15pm Card games 2:00pm Flower Watercolor 2:15pm Word Search Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:30pm Nails + Hand Massage 4:00pm Ring Toss	**8** 10:00am Field Trip: Garce Fisher Foundation 10:00am Chair Zumba 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Piano with Oscar 1:00pm SBCC - Art Exploration 1:30pm Beach Walk 2:15pm Decade Trivia 2:30pm Bingo 2:30pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**9** 10:00am Name That Tune 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Seated Boxing Class 1:00pm Snapshot Band 1:00pm Word Search Club 1:00pm Cycling without Age 1:00pm Men's Group 2:00pm Music of Our Lives & Times SBCC 2:15pm Animal Trivia 3:00pm Art Table 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**10** 10:00am Memory Lane Music 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Bingo 12:30pm Word Games 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC 2:00pm Garden Club
13 10:00am Songs for Seniors 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm Word Games 1:15pm Ball Toss and Games 1:45pm Music of Our Lives & Times SBCC 2:00pm Card games 3:00pm Tree Watercolor 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch	**14** 10:00am Balloon Volleyball 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Seated Boxing Class 1:00pm Guess the... 1:00pm Cycling without Age 1:15pm Beach Walk 2:00pm Zumba Fun 2:45pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch	**15** 10:00am Nature Tracks: Beach Tour 10:00am Brain Games 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 1:00pm SBCC - Art Exploration 1:30pm Music Trivia 2:30pm Bingo 2:30pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**16** 10:00am Music with Sam Taylor 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm Finish the ... 1:00pm Cycling without Age 1:00pm Men's Group 1:45pm Music of Our Lives & Times SBCC 2:00pm Crossword Puzzles	**17** 10:00am Memory Lane Music 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Bingo 12:30pm Word Games 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC 2:00pm Jewellry Making
20 10:00am Name thatInstrument 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Chair Aerobics 1:00pm Trudy & Rob 1:15pm Beach Walk 2:00pm Music of Our Lives & Times SBCC 2:15pm Card games 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Animal Trivia	**21** 10:00am Word Games 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Croatia Travelogue 11:30am Dance Fitness with Leslie Sokol 1:00pm Guess the... 1:00pm Cycling without Age 1:15pm Crossword Puzzles 2:00pm Bingo 2:15pm Ocean Trivia 3:00pm Homophone Hotline 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Puzzle Table	**22** 10:00am Balloon Volleyball 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Word Games 11:30am Memory Lane Music 1:00pm SBCC - Art Exploration 1:15pm Beach Walk 2:15pm Crossword Puzzles 2:30pm Bingo 2:30pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Ring Toss	**23** 10:00am 50's Sing Along 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Seated Boxing Class 1:00pm Cycling without Age 1:00pm Men's Group 1:30pm SB Dance Institute 2:00pm Music of Our Lives & Times SBCC 2:00pm Word Search Club 3:00pm Animal Watercolor 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Hollywood Trivia	**24** 10:00am Memory Lane Music 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Bingo 12:30pm Word Games 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC
27 10:00am Finish the ... 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 1:00pm Costa Rica Travelogue 1:15pm Card games 1:45pm Music of Our Lives & Times SBCC 2:00pm Word Search Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Ball Toss and Games	**28** 10:00am The Write Word Game 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 11:30am Dance Fitness with Leslie Sokol 1:00pm Ball Toss and Games 1:00pm Cycling without Age 1:15pm Beach Walk 2:00pm Bingo 2:15pm Ocean Trivia 3:00pm An Idiom a Day 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**29** 10:00am Ye Olde Williamsburg 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Seated Boxing Class 1:00pm SBCC - Art Exploration 1:15pm Crossword Puzzles 2:30pm Bingo 2:30pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch	**30** 10:00am United Shapes of America 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Aerobics 1:00pm Live Music with Gem 1:00pm Cycling without Age 1:00pm Men's Group 1:15pm Basketball Toss 2:00pm Music of Our Lives & Times SBCC 2:15pm California Trivia 3:00pm Puzzle and Trivia 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Ring Toss	**31** 10:00am Memory Lane Music 10:30am Chair Zumba 10:30am Pet Therapy with Gerrie 11:00am Xochipilli Dance 12:30pm Bingo 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC 2:00pm Word Games

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JUNE

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Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00am Name That Tune 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 1:00pm Guess Who? 1:15pm Crossword Puzzles 1:45pm Music of Our Lives & Times SBCC 2:15pm Art Table 3:00pm Bingo 3:00pm Garden Club 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Word Games	**2** 10:00am Travel Chat - Where have you been? 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:30am Dance Fitness with Leslie Sokol 1:00pm Nature Documentary 1:00pm Cycling without Age 1:15pm Animal Trivia 2:00pm Bingo 2:00pm Garden Club 3:00pm 50's Sing Along 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**3** 10:00am Balloon Tennis 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Ball Toss and Games 1:00pm SBCC - Art Exploration 1:30pm Beach Walk 2:15pm Nails + Hand Massage 2:30pm Bingo 3:00pm Garden Club 3:15pm Nutrition & Wind Down 4:00pm Gentle Stretch Country Sing Along	**4** 10:00am The Ryan & Cookies Show 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm Guess that Animal 1:00pm Cycling without Age 1:00pm Men's Group 1:15pm Puzzle Table 2:00pm Bingo 2:15pm Decade Trivia 3:00pm Homophone Hotline 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**5** 10:00am Finish the ... 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 1:00pm Bingo 1:00pm Word Games 1:00pm Happy Hour 2:00pm Nature Documentary
8 10:00am Chat: Prom Memories 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm Trudy & Rob 1:15pm Puzzle Table 2:00pm Bingo 2:30pm Garden Club 3:00pm Word Games 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**9** 10:00am Balloon Volleyball 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Ball Toss and Games 1:00pm Guess Who? 1:00pm Cycling without Age 1:15pm Crossword Puzzles 2:00pm Flower Watercolor 2:00pm Garden Club 3:00pm 50's Sing Along 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**10** 10:00am Love song sing along 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Yoga 1:00pm SBCC - Art Exploration 1:15pm Beach Walk 2:30pm Garden Club 3:00pm Corsage Making 3:00pm Nutrition & Wind Down 3:15pm Bingo 3:15pm Gentle Stretch 4:00pm Nature Documentary	**11** All day SENIOR PROM 10:00am Music with Sam Taylor 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Pre-Prom Primp, Prep & Stretch 2:00pm Music of Our Lives & Times SBCC 2:00pm Puzzle Table 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**12** 10:00am Country Sing Along 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 1:00pm Bingo 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC
15 10:00am Mexico Travelogue 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Movement Around the World 1:00pm SB Dance Institute 1:00pm Movie Trivia 2:00pm Music of Our Lives & Times SBCC 2:00pm Garden Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Decade Trivia	**16** 10:00am Famous Landmarks 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:30am Dance Fitness with Leslie Sokol 1:00pm Nature Documentary 1:00pm Ball Toss and Games 1:00pm Cycling without Age 2:00pm Flag Art 2:00pm Garden Club 3:00pm Word Games 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Puzzle Table	**17** 10:00am Irish Sing Along 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm SBCC - Art Exploration 1:15pm Beach Walk 2:30pm Garden Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Homophone Hotline	**18** 10:00am Ball Toss and Games 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm Guess Who? 1:00pm Puzzle Table 1:00pm Cycling without Age 1:45pm Music of Our Lives & Times SBCC 2:00pm Garden Club	**19** 10:00am Memory Lane Music 10:30am Pet Therapy with Gerrie 11:00am Balloon Volleyball 12:30pm Word Games 1:00pm Bingo 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC
22 10:00am Songs for Seniors 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 1:00pm Trudy & Rob 1:00pm Ocean Trivia 2:00pm Music of Our Lives & Times SBCC 2:00pm Garden Club 3:00pm Paper Fan Art 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**23** 10:00am Parachute Fun 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:00am Nature Documentary 1:00pm Guess Who? 1:00pm Ball Toss and Games 1:00pm Cycling without Age 2:00pm Tree Watercolor 2:00pm Garden Club 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Puzzle Table	**24** 10:00am Summer Trivia 10:00am Puzzles and Chat 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:00am Chair Yoga 1:00pm SBCC - Art Exploration 2:30pm Garden Club 2:45pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Flower Arrangements 3:15pm Gentle Stretch	**25** 10:00am Balloon Volleyball 10:00am Cycling without Age 10:30am Pet Therapy with Gerrie 11:15am Joyous Movement with Beth Amine 1:00pm SB Dance Institute 1:00pm Cycling without Age 1:00pm Men's Group 2:00pm Music of Our Lives & Times SBCC 2:00pm Puzzle Table 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Art Table	**26** 10:00am Memory Lane Music 10:30am Pet Therapy with Gerrie 11:00am Chair Zumba 12:30pm Word Games 1:00pm Bingo 1:00pm Happy Hour 1:45pm Music of Our Lives & Times SBCC
29 10:00am Brain Games 10:00am Art and Chat 10:30am Pet Therapy with Gerrie 11:00am Tai Chi 1:00pm Guess that Animal 1:00pm Ball Toss and Games 1:45pm Music of Our Lives & Times SBCC 2:00pm Puzzle Table 3:00pm Bingo 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Card games	**30** 10:00am Hot Seat 10:00am News and Chat 10:30am Pet Therapy with Gerrie 11:30am Dance Fitness with Leslie Sokol 11:30am Dance Fitness with Leslie Sokol 1:00pm Nature Documentary 1:00pm Crossword Puzzles 1:00pm Cycling without Age 2:00pm Bingo 2:00pm Art Table 3:00pm 50's Sing Along 3:00pm Nutrition & Wind Down 3:15pm Gentle Stretch 4:00pm Puzzle Table			

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am Trivia & Sing Along with Tracy 10:15am Beach Walk with Fred 11:00am Nerely's Travel Diaries 1:00pm Patio Games with Maria 1:00pm Card games 2:00pm Rock Painting with Giana 2:00pm Crossword Club 3:00pm Bingo 3:00pm Nutrition & Wind Down	**3** 10:00am ASL with Deysi 11:15am Dance Fitness with Leslie Sokol 1:00pm Kahoot with Mary 1:00pm Cornhole 1:00pm Cycling without Age 2:00pm Watercolor Class 2:00pm Bingo 3:00pm Nutrition & Wind Down	**4** 10:00am Flower Card Making with Maria 11:15am SB Dance Institute 12:45pm Pet Therapy with Gerrie 1:00pm Trudy and Greg 1:00pm Puzzle tables 1:00pm Cycling without Age 1:00pm Flower Arranging with Nerely 2:00pm Courtyard Karaoke with Ann 2:00pm Card games 3:00pm Nutrition & Wind Down	**5** 10:00am Music with Cornelius 10:00am Cycling without Age 11:00am Parachute Fun with Janina 1:00pm Live Music with Gem 1:00pm Word Search Club 1:00pm Cycling without Age 2:00pm Water Bowling with Deysi 2:00pm Watercolor Class 3:00pm Nutrition & Wind Down	**6** 10:00am Travel in Time with Tracy 11:00am Dance Fitness with Deysi 12:30pm Friday ReFRESH: Manicures & Massages 12:45pm Bingo 1:00pm Board Games
9 10:00am Music of Our Lives & Times SBCC 11:00am Hot Seat with Tracy 1:00pm Flower Vase Decorating with Maria 1:00pm Cornhole 2:00pm Make your own Snack with Fred 2:30pm Crossword Club 3:00pm Bingo Nutrition & Wind Down	**10** 10:00am Brain Games with Janina 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Card games 1:00pm Cycling without Age 2:00pm Puzzle and Trivia 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down	**11** 10:00am Music of Our Lives & Times SBCC 11:15am Maria's Travel Diaries 12:45pm Pet Therapy with Gerrie 1:00pm Table Top Bowling with Mary 1:00pm Card games 1:00pm Cycling without Age 1:00pm Flower Arranging with Nerely 2:00pm Bingo 2:00pm Watercolor Class 3:00pm Nutrition & Wind Down	**12** 10:00am Balance Class with Central Coast 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 1:00pm ASL with Deysi 1:00pm Cornhole 2:00pm Cycling without Age 2:00pm Wind Chime Making with Giana 3:00pm Puzzle tables Nutrition & Wind Down	**13** 10:00am Music of Our Lives & Times SBCC 11:15am Dance Fitness with Deysi 12:30pm Friday ReFRESH: Manicures & Massages 12:45pm Bingo 1:00pm Board Games
16 10:00am Music of Our Lives & Times SBCC 11:15am Name that Thing with Tracy 1:00pm Bingo 1:00pm Crossword Club 2:00pm Picture Frame Art with Maria & Giana 2:00pm Basketball with Ryan 3:00pm Nutrition & Wind Down	**17** 10:00am Beach Walk with Ann 10:00am Watercolor Class 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Jenga with Janina 1:00pm Cycling without Age 2:00pm Cornhole 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down	**18** 10:00am Music of Our Lives & Times SBCC 11:15am Balance and Tone with Ann 12:45pm Pet Therapy with Gerrie 1:00pm Trudy and Greg 1:00pm Card games 1:00pm Cycling without Age 2:00pm Puzzle tables 2:00pm Bingo 3:00pm Nutrition & Wind Down	**19** 10:00am Music with Sam Taylor 10:00am Cycling without Age 11:00am Alphabet Game with Deysi 1:00pm Sponge Painting with Janina 1:00pm Cycling without Age 2:00pm Trivia and Word Games	**20** 10:00am Music of Our Lives & Times SBCC 11:15am Hot Seat with Tracy 12:30pm Friday ReFRESH: Manicures & Massages 12:45pm Bingo 1:00pm Board Games
23 10:00am Beach Walk with Fred 10:00am Music of Our Lives & Times SBCC 11:15am Dad Jokes with Tracy 1:00pm Bingo 1:00pm Crossword Club 2:00pm Flag Collage with Maria 2:00pm Basketball with Ryan 3:00pm Nutrition & Wind Down	**24** 10:00am Dance class with Janina 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Watercolor Class 1:00pm Cycling without Age 2:00pm Card games 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down	**25** 10:00am Music of Our Lives & Times SBCC 11:15am Quiz Blitz with Ann 12:45pm Pet Therapy with Gerrie 1:00pm SB Dance Institute 1:00pm Crossword Club 1:00pm Cycling without Age 2:00pm Mason Jar Art with Giana 2:00pm Card games 3:00pm Nutrition & Wind Down	**26** 10:00am Music with Cornelius 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 1:00pm Party Animals Petting Zoo 1:00pm Cornhole 2:00pm Cycling without Age 2:00pm Bingo 3:00pm Watercolor Class Nutrition & Wind Down	**27** 10:00am Music of Our Lives & Times SBCC 11:15am Spanish Class with Deysi 12:30pm Friday ReFRESH: Manicures & Massages 12:45pm Baking with Tracy 1:00pm Board Games
30 10:00am Music of Our Lives & Times SBCC 11:15am Dance class with Janina 1:00pm Bingo 1:00pm Basketball with Ryan 2:00pm Rock Painting with Giana 2:00pm Puzzle and Trivia 3:00pm Nutrition & Wind Down	