



July 2024

Day Programs Activities

No Information

- Untagged
- Action
- Learning
- Melody
- Reflection
- Emotional
- Cognitive
- Physical
- Vocational
- Social
- Spiritual
- Health
- Intellectual
- Health Services
- SBCC

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>All day Bud's Birthday!</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>1:00pm Snapshot Band</p> <p>2:00pm Patio Games</p> <p>2:00pm Bingo</p> <p>2:30pm Montecito Walking Club</p> <p>3:00pm Nutrition & Wind Down</p>	<p>2</p> <p>10:00am Heather on Piano</p> <p>11:15am Dance Fitness with Leslie Sokol</p> <p>1:00pm Ukulele Jammers</p> <p>1:00pm Art Class</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Patio Games</p> <p>3:00pm Nutrition & Wind Down</p>	<p>3</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Dance Fitness with Essi</p> <p>12:00pm 4th of July Lunch</p> <p>12:30pm Men's Group</p> <p>12:45pm Pet Therapy with Gerrie</p> <p>1:00pm Party Animals Petting Zoo</p> <p>1:00pm Crossword Club</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Art Class</p> <p>2:00pm Bingo</p> <p>3:00pm Nutrition & Wind Down</p>	<p>4</p> <p>All day 4th of July - Friendship Center Closed</p>	<p>5</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>12:30pm Friday ReFRESH: Manicures & Massages</p> <p>1:00pm Crossword Club</p> <p>1:00pm Bingo ROYALE</p>
<p>8</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>1:00pm Songs for Seniors</p> <p>1:00pm Patio Games</p> <p>2:00pm Bingo</p> <p>2:30pm Montecito Walking Club</p> <p>3:00pm Nutrition & Wind Down</p>	<p>9</p> <p>10:00am Heather on Piano</p> <p>11:15am Dance Fitness with Leslie Sokol</p> <p>12:45pm World of Interest: SBCC</p> <p>1:00pm Patio Games</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Crossword Club</p> <p>2:00pm Travels & Explorations</p> <p>3:00pm Nutrition & Wind Down</p>	<p>10</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>10:00am Volver a mis Raices</p> <p>11:15am Live Music: Trudy & Oscar</p> <p>12:30pm Men's Group</p> <p>12:45pm Pet Therapy with Gerrie</p> <p>1:00pm Puzzle's</p> <p>1:00pm Travelogue - French Rivera</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Board Games</p> <p>2:00pm Bingo</p> <p>3:00pm Nutrition & Wind Down</p>	<p>11</p> <p>10:00am Dance Fitness with Essi</p> <p>10:00am Cycling without Age</p> <p>11:15am Joyous Movement with Beth Amine</p> <p>1:00pm Garden Club</p> <p>1:00pm Patio Games</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Art Class</p> <p>2:00pm Bingo</p> <p>3:00pm Nutrition & Wind Down</p>	<p>12</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Live Music: Bob W. on Piano</p> <p>12:30pm Friday ReFRESH: Manicures & Massages</p> <p>1:00pm Bingo ROYALE</p>
<p>15</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>1:00pm Snapshot Band</p> <p>2:00pm Bingo</p> <p>2:00pm Crossword Club</p> <p>2:30pm Montecito Walking Club</p> <p>3:00pm Nutrition & Wind Down</p>	<p>16</p> <p>10:00am Spanish Club</p> <p>11:15am Dance Fitness with Leslie Sokol</p> <p>12:45pm World of Interest: SBCC</p> <p>1:00pm Art Class</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Board Games</p> <p>2:00pm Travels & Explorations</p> <p>3:00pm Nutrition & Wind Down</p>	<p>17</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>10:00am Volver a mis Raices</p> <p>11:30am Fitness Program</p> <p>12:30pm Men's Group</p> <p>12:45pm Pet Therapy with Gerrie</p> <p>1:00pm Ukulele Jammers</p> <p>1:00pm Art Class</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Patio Games</p> <p>2:00pm Bingo</p> <p>3:00pm Nutrition & Wind Down</p>	<p>18</p> <p>10:00am Music with Sam Taylor</p> <p>10:00am Cycling without Age</p> <p>11:00am Fitness Program</p> <p>1:00pm Art Class</p> <p>1:00pm Live Music: Trudy & Oscar</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Patio Games</p> <p>3:00pm Nutrition & Wind Down</p>	<p>19</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>12:30pm Friday ReFRESH: Manicures & Massages</p> <p>1:00pm Crossword Club</p> <p>1:00pm Bingo ROYALE</p>
<p>22</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>1:00pm Art Class</p> <p>1:00pm Travelogue - Sweden</p> <p>2:00pm Bingo</p> <p>2:00pm Board Games</p> <p>2:30pm Montecito Walking Club</p> <p>3:00pm Nutrition & Wind Down</p>	<p>23</p> <p>10:00am Music Trivia</p> <p>11:15am Dance Fitness with Leslie Sokol</p> <p>12:45pm World of Interest: SBCC</p> <p>1:00pm Patio Games</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Garden Club</p> <p>2:00pm Travels & Explorations</p> <p>3:00pm Nutrition & Wind Down</p>	<p>24</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>10:00am Volver a mis Raices</p> <p>11:30am Fitness Program</p> <p>12:30pm Men's Group</p> <p>12:45pm Pet Therapy with Gerrie</p> <p>1:00pm Crossword Club</p> <p>1:00pm Nerely's Travel Diaries</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Patio Games</p> <p>2:00pm Bingo</p> <p>3:00pm Nutrition & Wind Down</p>	<p>25</p> <p>10:00am Heather on Piano</p> <p>10:00am Cycling without Age</p> <p>11:15am Joyous Movement with Beth Amine</p> <p>1:00pm Garden Club</p> <p>1:00pm Party Animals Petting Zoo</p> <p>1:00pm Cycling without Age</p> <p>2:00pm Live Music with Gem</p> <p>2:00pm Art Class</p> <p>3:00pm Nutrition & Wind Down</p>	<p>26</p> <p>10:00am Music of Our Lives & Times SBCC</p> <p>11:15am Fitness Program</p> <p>12:30pm Friday ReFRESH: Manicures & Massages</p> <p>1:00pm Board Games</p> <p>1:00pm Bingo ROYALE</p>
<p>29</p> <p>All day Fiesta Celebrations!</p>	<p>30</p> <p>All day Fiesta Celebrations!</p>	<p>31</p> <p>All day Fiesta Celebrations!</p>	<p>All activities are subject to change. Contact us to confirm any particular activity. 805.969.0859. For program news & photos, follow us on Facebook, Instagram and LinkedIn: @friendshipcentersb</p>	