

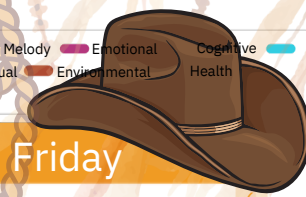


September 2024

Day Programs Activities



- Untagged
- Artery
- Learning
- Melody
- Emotional
- Cognitive
- Physical
- Vocational
- Social
- Spiritual
- Environmental
- Health
- Intellectual
- Health Services
- SBCC



Monday	Tuesday	Wednesday	Thursday	Friday
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<p>2</p> <p>10:00am Travelog - North Carolina 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Pin the tail on the donkey 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down</p>	<p>3</p> <p>10:00am Music of Our Lives & Times SBCC 10:00am Herencia Latina 11:15am SB Dance Institute 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie 1:00pm Travelog - Texas 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Crossword Club 2:00pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>4</p> <p>10:00am Music of Our Lives & Times SBCC 10:00am Herencia Latina 11:15am Live Music: Trudy & Oscar 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie 1:00pm Snapshot Band 1:00pm Cycling without Age 2:00pm Art Class 2:00pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>5</p> <p>10:00am Heather on Piano 10:00am Cycling without Age 11:00am Fitness Program 1:00pm Music with Cornelius 1:00pm Butter y Gardening Club 1:00pm Cycling without Age 2:00pm Art Class 2:00pm Country Karaoke 3:00pm Nutrition & Wind Down</p>	<p>6</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Western Movie 12:30pm Friday ReFRESH: Manicures & Massages 12:45pm Western Costume Contest! 1:00pm Bingo ROYALE 1:00pm Board Games</p>
<p>9</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Line Dance Fitness 1:00pm Art Class 1:00pm SBCC - Art Exploration with Jodi 2:00pm Crossword Club 2:30pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>10</p> <p>10:00am Music with Sam Taylor 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Butter y Gardening Club 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down</p>	<p>11</p> <p>10:00am Music of Our Lives & Times SBCC 10:00am Herencia Latina 11:15am Live Music: Trudy & Oscar 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie 1:00pm Snapshot Band 1:00pm Cycling without Age 2:00pm Art Class 2:00pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>12</p> <p>10:00am Balance Class with Central Coast 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 1:00pm Live Music with Gem 1:00pm Cycling without Age 2:00pm Crossword Club 2:00pm Cornhole 3:00pm Nutrition & Wind Down</p>	<p>13</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Horse Shoe Olympics 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Horse Shoe Painting 1:00pm Board Games</p>
<p>16</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Fitness Program 1:00pm Art Class 1:00pm SBCC - Art Exploration with Jodi 2:00pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>17</p> <p>10:00am Heather on Piano 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Butter y Gardening Club 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down</p>	<p>18</p> <p>10:00am Music of Our Lives & Times SBCC 10:00am Herencia Latina 11:15am Line Dance Fitness 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie 1:00pm Live Music: Trudy & Oscar 1:00pm Crossword Club 1:00pm Cycling without Age 2:00pm Line Dancing 3:00pm Nutrition & Wind Down</p>	<p>19</p> <p>10:00am Ukulele Jammers 10:00am Cycling without Age 11:00am Country Sing Along 1:00pm Art Class 1:00pm Richard Meyers 1:00pm Cycling without Age 2:00pm Word Search Club 2:00pm Country Travel Show 3:00pm Nutrition & Wind Down</p>	<p>20</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Western Movie 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Art Class 1:00pm Board Games</p>
<p>23</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Fitness Program 1:00pm Art Class 1:00pm SBCC - Art Exploration with Jodi 2:00pm Butter y Gardening Club 2:30pm Western Costume Contest! 2:30pm Montecito Walking Club 3:00pm Bingo 3:00pm Nutrition & Wind Down</p>	<p>24</p> <p>10:00am Music with Cornelius 11:15am Dance Fitness with Leslie Sokol 12:45pm World of Interest: SBCC 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Card games 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down</p>	<p>25</p> <p>10:00am Music of Our Lives & Times SBCC 10:00am Herencia Latina 11:15am SB Dance Institute 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie 1:00pm Snapshot Band 1:00pm Cycling without Age 2:00pm Art Class 2:00pm Bingo 3:00pm Country Trivia 3:00pm Nutrition & Wind Down</p>	<p>26</p> <p>10:00am Country Sing Along 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 1:00pm Music with Ozella 1:00pm Cycling without Age 2:00pm Travelog - Tennessee 3:00pm Art Class 3:00pm Nutrition & Wind Down</p>	<p>27</p> <p>1:00pm Sta Country Karaoke Contest 10:00am Music of Our Lives & Times SBCC 11:15am Fitness Program 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Art Class 1:00pm Sta Country Karaoke Contest 1:00pm Board Games</p>
<p>30</p> <p>10:00am Music of Our Lives & Times SBCC 11:15am Fitness Program 1:00pm Art Class 1:00pm SBCC - Art Exploration with Jodi 2:00pm Card games 2:30pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down</p>				

