

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Wherever you may go and whatever you may do, May the luck of the Irish always be there with you.</i></p> 				
<p>4 Carnival Season Begins!</p> <ul style="list-style-type: none"> 10:30 Morning Stretch// Scents & Scenes 11:00 Music and Dance of Carnival Therapy Dog Lily 1:00 Flower Arranging Carnival Mask Making with Raylene Body Mind Awareness 2:45 Discussion: Carnival around the World 	<p>5 Mardi Gras</p> <p>9:00 Pancake Brkfst -All are Welcome!</p> <ul style="list-style-type: none"> 10:15 Morning Stretch to Mardi Gras Music 11:00 Trudy & Oscar 1:15 Beading Arts with Ken & Hayle 1:30 <i>Music of Our Lives and Times</i> 2:45 Fiesta para Domingo! <i>¡Feliz cumpleaños, Domingo!</i> 	<p>6 Ash Wednesday</p> <ul style="list-style-type: none"> 10:15 Aromasize// Scents & Sounds Gardening Club 11:00 Travels with Danica 11:30 Music Therapy with Hope 1:30 Body/Mind Awareness 2:45 Stella's Birthday Party! <i>Happy Birthday, Stella!</i> 	<p>7 Monopoly's Birthday (1933)</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:15 Morning Moves // Scents & Scenes Tour of the Miramar Hotel Part 1! 12:30 Therapy Dog Yogi 1:00 Jam Session with Phil, Susan & Friends! Art & Soul 2:45 Discussion: Board Games through the Years 	<p>1 Dr Seuss Day</p> <ul style="list-style-type: none"> 10:15 Laughter Yoga 10:45 Trip to Farmer's Market 11:00 Agris & Rob! 1:00 Classic '70s Pop with Francesca Jule! Manicures Bingo 2:45 Dr Seuss Party ft. Storytelling with Danica 
<p>11 Lawrence Welk's Birthday (1903)</p> <ul style="list-style-type: none"> 10:15 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music with Hope Therapy Dog Lily 1:00 Flower Arranging Art with Raylene: Drawing Music! Body Mind Awareness 2:30 Fireside Chat 	<p>12 Bagpipe Day</p> <ul style="list-style-type: none"> 10:15 Chair Yoga 11:00 Theater Class 11:30 Best of Bagpiping 1:00 Bagpiping Performance by SB Bagpipers! 1:15 Beading Arts with Ken & Hayle 1:30 <i>Music of Our Lives and Times</i> 2:45 Violet's Birthday Party! <i>Happy Birthday, Violet (3/15)!</i> 	<p>13 Jewel Day</p> <ul style="list-style-type: none"> 10:15 Aromasize// Scents & Sounds Gardening Club 11:00 Music Therapy with Hope 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Discussion: Jewels of the World 	<p>14 Pi Day</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:00 The Snapshot Band! 12:30 Therapy Dog Yogi 1:00 Jam Session with Phil, Susan & Friends! Art & Soul 2:30 Pi Party (with Pie!) 	<p>15 St. Patrick's Day (observed early)</p> <ul style="list-style-type: none"> 10:15 Laughter Yoga 10:45 Trip to Farmer's Market 11:00 Songs from Ireland Singalong 1:00 Rockin with Rosalyn Manicures Bingo 2:30 St Paddy's Day Party 
<p>18 Wizard of Oz Week</p> <ul style="list-style-type: none"> 10:30 Morning Stretch// Scents & Scenes 11:00 Wizard of Oz Sing-Along Therapy Dog Lily 1:00 Flower Arranging Wizard of Oz Art with Raylene Body Mind Awareness 2:00 Veteran's Support Group 3:00 Reminiscing: 80 Years of Wizard of Oz 	<p>19 Chocolate Day</p> <ul style="list-style-type: none"> 10:15 Chair Yoga 11:00 History of Chocolate Presentation 12:30 Bubble Break 1:15 Beading Arts with Ken & Hayle 1:30 <i>Music of Our Lives and Times</i> 2:30 Fire Drill 2:45 Chocolate Trivia 	<p>20 First Day of Spring</p> <ul style="list-style-type: none"> 10:15 Aromasize// Scents & Sounds Gardening Club 11:00 Springtime Sing-Along 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Tilla's Birthday Party <i>Happy Birthday, Tilla!</i> 	<p>21 World Poetry Day</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:15 Morning Moves // Scents & Scenes Tour of the Miramar Hotel Part 2! 12:30 Therapy Dog Yogi 1:00 Jam Session with Phil, Susan & Friends! Art & Soul 2:45 Poetry Class with Danica 	<p>22 Fragrance Day</p> <ul style="list-style-type: none"> 10:15 Laughter Yoga// Scents & Sounds 10:45 Trip to Farmer's Market 11:00 Music Therapy with Hope Aromatherapy Lesson 1:00 Art & Soul Manicures Bingo 2:30 Chat And Chow: Smelling our Food
<p>25 National Medal of Honor Day</p> <ul style="list-style-type: none"> 10:15 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music with Hope Therapy Dog Lily 1:00 Floral Design Class Art with Raylene: Make your own award 2:45 Discussion: Medal of Honor and Recipients 	<p>26 National-Make-Up-Your-Own-Holiday-Day</p> <ul style="list-style-type: none"> 10:15 Chair Yoga 11:00 Songs with Gem! 1:15 Beading Arts with Ken & Hayle 1:30 Karaoke with the FC Gals! 2:45 Made-Up Holiday Suggestion Convo 	<p>27 Spring Cleaning Day</p> <ul style="list-style-type: none"> 10:15 Aromasize// Scents & Sounds 11:00 TravelStore Travel Talks: Italy 1:00 Timeslips Storytelling 1:30 Game Show Showdown Karaoke with the FC Gals! 2:45 Courtyard Conga Spring Cleaning Planning 	<p>28 Opening Day of Major League Baseball</p> <ul style="list-style-type: none"> 10:00 Travels with Danica 11:00 Morning Moves // Scents & Scenes 12:30 Therapy Dog Yogi 1:00 Jam Session with Phil, Susan & Friends! Art & Soul 2:45 Glen's Birthday Party <i>Happy Birthday, Glen!</i> 	<p>29 Jeopardy Day</p> <ul style="list-style-type: none"> 10:15 Laughter Yoga// Scents & Sounds 10:45 Trip to Farmer's Market 11:00 Music Therapy with Hope 1:00 Art & Soul Manicures Bingo 2:30 Jeopardy Tournament

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All activities are subject to change. Please contact Kathryn to confirm any particular activity: 805.969.0859 or ProgramManager@FriendshipCenterSB.org

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