













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 April Fool's Day</b> 10:30 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music with Hope Therapy Dog Lily 1:00 Flower Arranging Art with Raylene Body Mind Awareness 2:30 Poetry Café 	<b>2 International Children's Book Day</b> 10:15 Chair Yoga Gardening Club 11:00 Trudy & Oscar 12:30 BrainFit Class 1:30 Music of Our Lives and Times 2:45 Introduction to Italian Opera	<b>3 National Walking Day</b> 10:15 Chairobics and Origami with Miyuki! Gardening Club 11:30 Music Therapy with Hope 1:00 Skill of the Day 1:30 Body/Mind Awareness 2:45 Presentation: Walks of the World!	<b>4 The Beatles Day</b> 10:15 Morning Moves // Scents & Scenes 11:00 Travels & Explorations 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil and Friends! Art & Soul 2:30 Reminiscing: The Beatles 	<b>5 Kids Day</b> 10:15 Laughter Yoga 11:00 Montecito Union School Mustang Choir 1:00 Art & Soul Manicures Bingo 2:30 What's in the Box? Kids Edition
<b>8 Hana Matsuri (Flower Festival- Japan)</b> 10:15 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music with Hope Therapy Dog Lily 1:00 Flower Arranging Cherry Blossom Art Body Mind Awareness 2:30 Poetry Café 	<b>9 Empanada Day</b> 10:15 Chair Yoga Gardening Club 11:00 Music Theory 12:30 BrainFit Class 1:15 Flower Art with Ken & Hayle 1:30 Music of Our Lives and Times 2:45 Masterpieces of World Literature	<b>10 National Siblings Day</b> 10:15 Chairobics Gardening Club 11:00 Joyous Movement 1:00 Skill of the Day 1:30 Body/Mind Awareness 2:45 Reminiscing: Our brothers & sisters!	<b>11 Day of HOPE- Hope's Last Day at FC!</b> 10:00 Travels & Explorations 11:00 Memory Lane Music with Hope 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil & Friends! Art & Soul 2:30 Hope's Farewell Party (all welcome) !! Happy Birthday, Richard and Eileen! 	<b>12 Grilled Cheese and a Giggle Day</b> 10:15 Chair Yoga Fredrik on Piano! 1:00 Art & Soul Manicures Bingo 2:30 What's in the Box? Kitchen Edition
<b>15 Patriots Day</b> 10:15 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 1:00 Flower Arranging Art with Raylene Body Mind Awareness 2:30 Poetry Café Happy Birthday, Rudy(4/14) and Elaine!	<b>16 Bat Appreciation Day</b> 10:15 Chair Yoga Gardening Club 11:00 Music Theory 12:30 BrainFit Class 1:15 Flower Art with Ken & Hayle 1:30 Music of Our Lives and Times 2:45 Introduction to Italian Opera	<b>17 International Haiku Poetry Day</b> 10:15 Chairobics Gardening Club 11:00 Music Theory 12:30 Haiku Poetry Workshop with Kathryn 1:00 Skill of the Day 1:30 Body/Mind Awareness 2:45 Poetry Café 	<b>18 18<sup>th</sup> Annual National High Five Day</b> 10:00 Travels & Explorations 11:00 Morning Moves // Scents & Scenes 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil and Friends! Art & Soul 2:30 Introduction to Italian Opera	<b>19 Easter Celebration- Community Welcome!</b> 10:15 Chair Yoga 11:00 Agris & Rob! 1:00 The Snapshot Band! Manicures Bingo 2:15 Easter Egg Hunt and Party: All welcome! 
<b>22 Earth Day</b> 10:30 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 1:00 Flower Arranging Art with Raylene Body Mind Awareness 2:00 Veteran's Support Group 2:30 Poetry Café 	<b>23 Shakespeare's Birthday (1564)</b> 10:15 Chair Yoga Gardening Club 11:00 Music Theory 12:30 BrainFit Class 1:15 Flower Art with Ken & Hayle 1:30 Music of Our Lives and Times 2:45 Masterpieces of World Literature Happy Birthday, Bert (4/21)!	<b>24 Remember your First Kiss Day</b> 10:15 Chairobics Gardening Club 11:00 TravelStore Travel Talks: Costa Rica 1:00 Skill of the Day 1:30 Body/Mind Awareness Love Letter Workshop 2:45 Reminiscing: First Kisses! Happy Birthday, John! 	<b>25 World Penguin Day</b> 10:00 Travels & Explorations 11:15 Morning Moves // Scents & Scenes 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil and Friends! Art & Soul 2:45 Masterpieces of World Literature Happy Birthday, Jean! 	<b>26 National Bird Day</b> 10:15 Chair Yoga 10:45 Trip to Farmer's Market 11:00 Courtyard Chorus Line Puzzles on the Patio 1:00 Art & Soul Manicures Bingo 2:30 What's in the Box? Animal Edition
<b>29 National Puppetry Day</b> 10:15 Morning Stretch// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 1:00 Flower Arranging Art with Raylene: Puppet Making 2:30 Poetry Café	<b>30 International Jazz Day</b> 10:15 Chair Yoga 11:00 Music Theory 1:15 Flower Art with Ken & Hayle 1:30 Music of Our Lives and Times 2:45 Introduction to Italian Opera 	<b>New Class: Tuesdays at 2:45 -Introduction to Italian Opera, 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday</b> (Materials from Dartmouth University Online) <b>-Masterpieces of World Literature, 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday</b> (Materials from Harvard University Online) 		<b>New Class: Tues &amp; Thurs at 12:30 BrainFit</b> Memory games and exercises, puzzles and more to keep our brains healthy and bodies happy! 

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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](mailto:ProgramManager@FriendshipCenterSB.org)

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