

FRIENDSHIP CENTER MONTECITO ACTIVITY PROGRAM May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Music Arts Physical Fitness Brain Fitness Community Life Skills Higher Learning 	<p style="text-align: center; margin: 0;"><u>New Classes/ Activities this Month:</u></p> <ul style="list-style-type: none"> - Preschool Storytime @ Montecito Library -Exploring Google Earth -Body Balance & Strength -Pass the Mic -Creative Writing Class -Music for Wellness -Hollywood: History, Industry and Art -Musings with Marianne -Mixed Media Class/ Computers 101 -Close Reading -The Summerland Band 	<p style="text-align: center; margin: 0;">1 Lei Day (Hawaii)</p> <ul style="list-style-type: none"> 10:15 Chairobics with Miyuki Gardening Club 11:00 Sights and Sounds of Hawaiii 12:30 Memory Lane Music 1:30 Body/Mind Awareness 2:45 Pass the Mic 	<p style="text-align: center; margin: 0;">2 Tom Hashoah Day (Israel)</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:15 Cycling without Age 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil & Friends! Art & Soul 2:00 Creative Writing Class Happy Birthday, Loretta! 	<p style="text-align: center; margin: 0;">3 Cinco de Mayo Celebration (observed early)</p> <ul style="list-style-type: none"> 10:15 WISE UP on Aging 1:00 Songs with Gem! 2:00 Manicures Bingo 3:00 Cinco de Mayo Fiesta
<p style="text-align: center; margin: 0;">6 Ramadan (Islamic Month of Fasting)</p> <ul style="list-style-type: none"> 10:15 Chair Yoga// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 1:00 Flower Arranging Art with Raylene World of Interest 2:30 Fireside Chat 	<p style="text-align: center; margin: 0;">7 Rhyme Day</p> <ul style="list-style-type: none"> 10:15 Body Balance & Strength Preschool Storytime @ Montecito Library 11:00 Trudy & Oscar 12:30 BrainFit Class 1:15 Arts with Ken & Hayle 1:30 Music of Our Lives and Times 2:45 Music for Wellness 	<p style="text-align: center; margin: 0;">8 V-E Day (1945)</p> <ul style="list-style-type: none"> 10:15 Chairobics with Miyuki Gardening Club 11:00 Memory Lane Music 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Pass the Mic 	<p style="text-align: center; margin: 0;">9 Bake Sale Day</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:00 Body Balance & Strength 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil & Friends! Baking Class 2:00 Creative Writing Class Happy Birthday, Naomi! 	<p style="text-align: center; margin: 0;">10 Mother's Day Celebration</p> <ul style="list-style-type: none"> 10:15 Aromasize Trip to Farmer's Market 10:45 Fredrik on Piano! 1:00 Art & Soul Manicures Bingo 2:30 Mother's Day Tea Party
<p style="text-align: center; margin: 0;">13 National Etiquette Week</p> <ul style="list-style-type: none"> 10:15 Chair Yoga// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 1:00 Flower Arranging Art with Raylene: Body Mind Awareness 3:00 Music with Suzy D 	<p style="text-align: center; margin: 0;">14 Tasty Tuesday</p> <ul style="list-style-type: none"> 10:15 Body Balance & Strength Preschool Storytime @ Montecito Library 11:00 Musings with Marianne 12:30 BrainFit Class 1:15 Arts with Ken & Hayle 1:30 Music of Our Lives and Times 2:30 Fire Drill 2:45 Music for Wellness 	<p style="text-align: center; margin: 0;">15 International Day of Families</p> <ul style="list-style-type: none"> 10:15 Chairobics with Miyuki Gardening Club 11:00 Mixed Media Class 12:30 Memory Lane Music 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Close Reading 	<p style="text-align: center; margin: 0;">16 Purple for Peace Day</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:00 Courtyard Games with CenCal Health Team 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil & Friends! Art & Soul: Decorations for Senior Prom 2:30 Creative Writing Class Happy Birthday, Allan! 	<p style="text-align: center; margin: 0;">17 Prom Day!</p> <ul style="list-style-type: none"> 10:15 Aromasize 11:00 Agris & Rob! 1:00 Senior Prom with The Snapshot Band! 2:30 Manicures Bingo 3:30 Pass the Mic <p style="text-align: center; margin: 0;"><i>Happy Birthday, Helen B!</i></p>
<p style="text-align: center; margin: 0;">20 Blue Jean's Birthday (1873)</p> <ul style="list-style-type: none"> 10:30 Chair Yoga// Scents & Scenes 11:00 Memory Lane Music Therapy Dog Lily 12:00 Haircuts by Richie's Barbershop 1:00 Flower Arranging Body Mind Awareness 2:00 Veteran's Support Group 	<p style="text-align: center; margin: 0;">21 National Strawberries and Cream Day</p> <ul style="list-style-type: none"> 10:15 Body Balance & Strength Preschool Storytime @ Montecito Library 11:00 Memory Lane Music 12:30 BrainFit Class 1:15 Arts with Ken & Hayle 2:30 Discussing Hollywood: History, Industry and Art 	<p style="text-align: center; margin: 0;">22 Write to Relatives Day</p> <ul style="list-style-type: none"> 10:15 Chairobics with Miyuki Gardening Club 11:00 TravelStore Travel Talks: Japan with Doug 12:30 Memory Lane Music 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Close Reading 	<p style="text-align: center; margin: 0;">23 Lag B'Omer (Jewish Holiday)</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:15 Body Balance & Strength 12:30 Therapy Dog Yogi 1:00 Jam Session with Phil & Friends! Art & Soul 2:30 Creative Writing Class 	<p style="text-align: center; margin: 0;">24 Brother & Sisterhood Day</p> <ul style="list-style-type: none"> 10:15 WISE UP on Aging 11:00 Music Therapy 1:00 The Summerland Band 2:30 Manicures Bingo 3:30 Pass the Mic
<p style="text-align: center; margin: 0;">27 MEMORIAL DAY- CLOSED</p>	<p style="text-align: center; margin: 0;">28 Senior Health and Fitness Day</p> <ul style="list-style-type: none"> 10:15 Body Balance & Strength Preschool Storytime @ Montecito Library 11:00 Memory Lane Music 12:30 BrainFit Class 1:15 Arts with Ken & Hayle 2:45 Discussing Hollywood: History, Industry and Art Happy Birthday, Michael (5/27)! 	<p style="text-align: center; margin: 0;">29 World Otter Day</p> <ul style="list-style-type: none"> 10:15 Chairobics with Miyuki Gardening Club 11:00 Computers 101 11:30 Exploring Google Earth 12:30 Memory Lane Music 1:00 Timeslips Storytelling 1:30 Body/Mind Awareness 2:45 Close Reading 	<p style="text-align: center; margin: 0;">30 Ascension Day (Christian Holiday)</p> <ul style="list-style-type: none"> 10:00 Travels & Explorations 11:15 Body Balance & Strength 12:30 Therapy Dog Yogi BrainFit Class 1:00 Jam Session with Phil & Friends! Art & Soul 2:30 Creative Writing Class Happy Birthday, Sarah! 	<p style="text-align: center; margin: 0;">31Walt Whitman Day</p> <ul style="list-style-type: none"> 10:15 Aromasize Fredrik on Piano! 1:00 Art & Soul Manicures Bingo 2:30 Friday Fiesta: Celebrating our Siblings! 3:30 Pass the Mic Happy Birthday, Hayle!

Friendship Center Montecito, 89 Eucalyptus Lane, Santa Barbara California 93108

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

Follow us on Facebook for program photos and updates: [Facebook.com/FriendshipCenterSB](https://www.facebook.com/FriendshipCenterSB)