

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Closed</p> 	<p>3 Uncle Sam's Birthday (1813)</p> <p>10:30 Aromasize</p> <p>11:00 Trudy & Oscar Therapy Dog Lola Trip To SB Home Improvement Center!</p> <p>1:30 Music Of Our Lives And Times</p> <p>2:45 Body/Mind Awareness With Luis</p> <p>3:15 Music Trivia</p>	<p>4 The Price Is Right Day</p> <p>10:15 Body Balance & Strength Cycling Without Age</p> <p>11:00 Memory Lane Music</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:30 Body/Mind Awareness</p> <p>2:45 Bingo</p> <p>3:15 Table Tennis</p> <p> Happy Birthday, Jessie (9/1)!</p>	<p>5 Fashion Week Kickoff</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat Gardening Club</p> <p>12:30 Therapy Dog Yogi</p> <p>1:00 The Friendship Band</p> <p>2:00 Fashion Design Class</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Courtyard Karaoke</p> 	<p>6 Wig Day And Fashion Show</p> <p>10:15 Mindful Events With Rose</p> <p>11:00 Wise Up On Aging: The Kominsky Method</p> <p>1:00 Manicures</p> <p>2:00 Aromatherapy, Art & Soul Bingo</p> <p>2:30 Fashion Show!</p> <p>3:15 Word Games</p> <p> Happy Birthday, Lora (9/7)!</p>
<p>9 Grandparents Day</p> <p>10:15 Body Balance & Strength Therapy Dog Lily</p> <p>11:00 Memory Lane Music</p> <p>12:30 Smell The Roses: Floral Designs</p> <p>1:00 World Of Interest</p> <p>2:15 Bingo</p> <p>3:30 Jeopardy!</p>	<p>10 Golden State Day (1850)</p>  <p>10:15 Aromasize</p> <p>11:00 Songs with Gem! Therapy Dog Lola</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>2:45 Body/Mind Awareness With Luis</p> <p>3:15 Crafts In The Courtyard</p>	<p>11 Day Of Service</p> <p>10:15 Body Balance & Strength Cycling Without Age</p> <p>11:00 Memory Lane Music</p> <p>1:00 Trip To Maritime Museum!</p> <p>1:30 Body/Mind Awareness</p> <p>2:45 Bingo</p> <p>3:15 Table Tennis</p>	<p>12 Palindrome Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat Gardening Club</p> <p>12:30 Therapy Dog Yogi</p> <p>1:00 The Friendship Band</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Palindrome Word Game</p> <p>3:30 Firedrill</p>	<p>13 National Hispanic Heritage Day</p> <p>10:00 Body Balance & Strength</p> <p>10:30 Wise Up On Aging: Poms</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 The Snapshot Band!</p> <p>2:00 Manicures Bingo</p> <p>3:15 Word Games In The Courtyard</p> 
<p>16 Adult Day Services Week</p> <p>10:15 Body Balance & Strength</p> <p>11:00 Memory Lane Music Therapy Dog Lily</p> <p>12:30 Smell The Roses: Floral Designs</p> <p>1:00 World Of Interest</p> <p>2:15 Bingo Diy Donations</p> <p>3:15 Jeopardy!</p>	<p>17 Argentine Arts And Culture Day</p> <p>10:15 Aromasize</p> <p>11:00 Top Notes Singing Club Therapy Dog Lola</p> <p>12:30 Back to School Advice</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>2:45 Body/Mind Awareness With Luis</p> <p>3:15 Crafts In The Courtyard</p>	<p>18 Newspaper Appreciation Day</p> <p>10:15 Body Balance & Strength Cycling Without Age</p> <p>11:00 Newspaper Talk With Starshine & Jerry</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Paradise Singers</p> <p>1:30 Body/Mind Awareness</p> <p>2:45 Bingo</p> <p>3:15 Table Tennis</p> 	<p>19 Piano Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat Gardening Club</p> <p>12:30 Therapy Dog Yogi</p> <p>1:00 The Friendship Band</p> <p>2:00 Aromatherapy, Art & Soul Advisory Council Meeting</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Brainfit</p>	<p>20 Battle Of The Sexes Day (1973)</p> <p>10:15 Body Balance & Strength</p> <p>11:00 Agris & Rob!</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Battle Of The Sexes Ping Pong</p> <p>2:00 Manicures Bingo</p> <p>3:15 Courtyard Karoke</p> <p> Happy Birthday, Pearl (9/21) And Heidi (9/22)!</p>
<p>23 The Start Of Autumn!</p>  <p>10:30 Body Balance & Strength</p> <p>11:00 Memory Lane Music Therapy Dog Lily</p> <p>12:30 Smell The Roses: Floral Designs</p> <p>1:00 World Of Interest</p> <p>2:00 Veteran's Support Group</p> <p>2:15 Bingo</p> <p>3:15 Jeopardy!</p>	<p>24 Cruise Ship Day</p>  <p>10:15 Aromasize</p> <p>11:00 Therapy Dog Lola All Aboard The Love Boat</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>2:45 Body/Mind Awareness With Luis</p> <p>3:15 Crafts In The Courtyard Break The Ice Roll The Dice</p>	<p>25 One Hit Wonder Day</p> <p>10:15 Aromatherapy Chairiobics W/Miyuki</p> <p>11:00 Cycling Without Age Travelstore Travel Talk With Doug!</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:30 Body/Mind Awareness</p> <p>2:45 Bingo</p> <p>3:15 Table Tennis</p>	<p>26 Jack Lalane Day Of Fitness!</p> <p>10:00 Travels & Exploration</p> <p>11:15 Joyous Movement</p> <p>12:00 Richie's Barbershop Haircuts!</p> <p>12:30 Therapy Dog Yogi</p> <p>1:00 The Friendship Band</p> <p>2:00 Aromatherapy, Art & Soul</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Break The Ice Roll The Dice</p>	<p>27 World Tourism Day</p>  <p>10:00 Body Balance & Strength</p> <p>10:30 Wise Up Film Review:</p> <p>11:00 Music Therapy</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Manicures Bingo</p> <p>3:15 Word Games In The Courtyard</p>
<p>30 How Did We Ever Live Without...? Day</p> <p>10:30 Body Balance & Strength</p> <p>11:00 Memory Lane Music</p> <p>12:30 Smell The Roses: Floral Designs</p> <p>1:00 World Of Interest</p> <p>2:15 Bingo</p> <p>3:15 Jeopardy! Discussion: How did we live without...?</p>	<p style="text-align: center;">All Activities Are Subject To Change. Please Contact Kathryn To Confirm Any Particular Activity: 805.969.0859 Or ProgramManager@FriendshipCenterSB.org</p> <p style="text-align: center;">Follow Us On Facebook For Program Photos And Updates: Facebook.Com/FriendshipCenterSB 89 Eucalyptus Lane, Santa Barbara 93108 Monday-Friday, 8:00am-5:00pm</p> 			 <p>Activity Themes:</p> <ul style="list-style-type: none"> Music Arts Physical Fitness Brain Fitness Community Life Skills