









Friendship Center Montecito ACTIVITY PROGRAM October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activity Themes:</p> <ul style="list-style-type: none"> Music Arts Physical Fitness Brain Fitness Community Life Skills 	<p>1 Little Women (1868) Day</p> <p>10:30 Aromasize</p> <p>11:00 Trudy & Oscar</p> <p> Therapy Dog Lola</p> <p>12:30 What I Like About You</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>3:15 Reading Circle: <i>Little Women</i></p>	<p>2 Charlie Brown Day</p> <p>10:15 Body Balance & Strength</p> <p> 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> Laughter Yoga</p> <p>3:15 Table Tennis</p> <p> Reading Circle: Charlie Brown</p> 	<p>3 Chubby Checker (1941) Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat</p> <p> Gardening Club</p> <p>12:30 Therapy Dog Yogi</p> <p> Laughter Yoga</p> <p>1:00 Find Your 'Twin'</p> <p> Aromatherapy, Art & Soul</p> <p>3:15 Tell Me a Story...</p> <p> Happy Birthday, Nancy Y!</p>	<p>4 Diversity Day</p> <p>10:15 Body Balance & Strength</p> <p>11:00 Music Therapy</p> <p>1:00 Manicures</p> <p> Bingo</p> <p> Cito Social Club</p> <p>2:00 Laughter Rx</p> <p>3:15 Courtyard Karaoke</p>
<p>7 American Bandstand (1952) Day!</p> <p>10:15 Body Balance & Strength</p> <p> 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> Cito Social Club</p> <p>3:30 Famous Pairs</p> <p> Happy Birthday, John V!</p>	<p>8 Oktoberfest Tuesday</p> <p>10:15 Aromasize</p> <p>11:00 EuroTrip with Kathryn</p> <p> Therapy Dog Lola</p> <p>12:30 What I Like About You</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>2:45 Oktoberfest Celebration!</p> <p>3:15 Spelling Bee</p> 	<p>9 Yom Kippur</p> <p>10:15 Body Balance & Strength</p> <p> 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> Laughter Yoga</p> <p>3:15 Table Tennis</p> <p> Happy Birthday, Jamie!</p>	<p>10 France Appreciation Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat</p> <p> Gardening Club</p> <p>12:30 Laughter Yoga</p> <p>1:00 The Friendship Band</p> <p>2:00 Life Stories with Karsen</p> <p>3:15 French Food, Art and Culture Class</p>	<p>11 Fall Luau Day</p> <p>10:00 Body Balance & Strength</p> <p>11:00 Ukulele Lulus</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Manicures</p> <p> Bingo</p> <p> Cito Social Club</p> <p>2:00 Laughter Rx</p> <p>3:15 Courtyard Karaoke</p> <p> Happy Birthday, Gloria (10/12)!</p>
<p>14 Indigenous Peoples' Day</p> <p>10:15 Body Balance & Strength</p> <p>11:00 Memory Lane Music</p> <p> Therapy Dog Lily</p> <p>12:30 Smell The Roses: Floral Designs</p> <p>1:00 World Of Interest</p> <p>2:15 Bingo</p> <p> Cito Social Club</p> <p>3:15 Jeopardy!</p> <p> Happy Birthday, Bob (10/13)!</p>	<p>15 I Love Lucy (1951) Day</p> <p>10:15 Aromasize</p> <p>11:00 Best of I Love Lucy</p> <p> Therapy Dog Lola</p> <p>12:30 What I Like About You</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>1:30 Music Of Our Lives And Times</p> <p>3:15 Crafts In The Courtyard</p> <p> Spontaneous Style Show</p> 	<p>16 Oscar Wilde (1854) Day</p> <p>10:15 Body Balance & Strength</p> <p> Cycling Without Age</p> <p>11:00 Paper Mache Pumpkins with Marianne</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 The Snapshot Band!</p> <p>2:00 Body/Mind Awareness</p> <p>2:45 Bingo</p> <p> Laughter Yoga</p> <p>3:15 Table Tennis</p> <p> Cast Your Vote!</p>	<p>17 National Geographic (1888) Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat</p> <p> Gardening Club</p> <p>12:30 Laughter Yoga</p> <p>1:00 The Friendship Band</p> <p> Aromatherapy, Art & Soul</p> <p> Advisory Council Meeting</p> <p>2:00 Life Stories with Karsen</p> <p>3:00 Daily Reflection & Reminiscing</p>	<p>18 The Art of Magic Day</p> <p>10:15 Body Balance & Strength</p> <p>11:00 Fredrik on Piano</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Magic Show!</p> <p>2:00 Manicures</p> <p> Bingo</p> <p> Cito Social Club</p> <p>2:00 Laughter Rx</p> <p>3:15 Courtyard Karaoke</p>
<p>21 Dracula Day</p> <p>10:30 Body Balance & Strength</p> <p>11:00 Memory Lane Music</p> <p> 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> Happy Birthday, Marie C (10/18)!</p> 	<p>22 That's Italian Tuesday</p> <p>10:15 Aromasize</p> <p>11:00 Therapy Dog Lola</p> <p> Best of Italian Film, Food & Culture</p> <p>1:15 Art & Soul With Ken & Hayle</p> <p>12:00 Trivia with Montecito Rotary</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> Break The Ice Roll The Dice</p> <p> Happy Birthday, Lupe!</p>	<p>23 Scorpio Day</p> <p>10:15 Aromatherapy Chairiobics W/Miyuki</p> <p> Cycling Without Age</p> <p>11:00 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 Astrology Afternoon</p> <p>3:30 Cast Your Vote!</p> <p>3:45 Firedrill</p> 	<p>24 Jack-O-Lantern Day</p> <p>10:00 Travels & Exploration</p> <p>11:15 Joyous Movement</p> <p>12:30 Therapy Dog Yogi</p> <p> Laughter Yoga</p> <p>1:00 Pumpkin Carving/ Painting with Marianne</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Tell Me a Story...</p>	<p>25 Danica Day!</p> <p>10:00 Body Balance & Strength</p> <p>11:00 Danica's Travel Plans!</p> <p>11:30 Music Therapy</p> <p>12:30 Heart And Sole Walking Club</p> <p>1:00 Manicures</p> <p> Bingo</p> <p> Cito Social Club</p> <p>2:00 Danica Dance Party!</p> <p>3:15 Laughter Rx</p> 
<p>28 Mummy Monday</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> Cito Social Club</p> <p>3:15 Jeopardy!</p>	<p>29 90th Anniversary of Black Tuesday (1929)</p> <p>10:15 Aromasize</p> <p>11:00 Therapy Dog Lola</p> <p> Sing it Out!</p> <p>12:30 What I Like About You</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>30 Candy Corn Day</p> <p>10:15 Aromatherapy Chairiobics W/Miyuki</p> <p> 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> Laughter Yoga</p> <p>3:30 Special Number</p> 	<p>31 Halloween</p> <p>10:00 Travels & Exploration</p> <p>11:15 Rhythm & Beat</p> <p> Halloween Parade</p> <p>12:30 Therapy Dog Yogi</p> <p> Trick-or-Treating</p> <p>1:00 The Friendship Band</p> <p> Aromatherapy, Art & Soul</p> <p>2:00 Body/Mind Awareness With Luis</p> <p>3:15 Halloween Storytelling</p> 	<p>All Activities Are Subject To Change. Please Contact Kathryn To Confirm Any Particular Activity: 805.969.0859 Or ProgramManager@FriendshipCenterSB.org</p> <p>Follow Us On Facebook For Program Photos And Updates: Facebook.Com/FriendshipCenterSB</p> <p>89 Eucalyptus Lane, Santa Barbara 93101</p> <p>Monday-Friday, 8:00am-5:00pm</p>