

## February 2012 FRIENDSHIP CENTER- Santa Barbara ACTIVITY

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
|  |   | 1<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Express Yourself<br>*Convivencia<br>1:00-Irving's Beautiful World<br>*Bingo<br>3:00-Table Talk and Games  | 2<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Food for Thought<br>*Art<br>1:00-Crossword Club<br>2:00-Mt Carmel 1 <sup>st</sup> Grade Visit<br>3:00-Table Talk and Games | 3<br>10:00-AM Warm-Ups<br>10:30-Current Events<br>*Rica Recetas<br>1:00-OMEGA-Body/Mind<br>*Manicures<br>3:00-Table Talk and Games                                      |
| 6<br>10:00-AM Warm-Ups<br>10:30- OMEGA-Art Expressions<br>*Sports<br>1:00- Yoga<br>*Monday Men's Group<br>3:00-Table Talk and Games                    | 7<br>10:00-AM Warm-Ups<br>10:30- <b>Truday &amp; Oscar Sing</b><br>1:00-OMEGA-Expressing Ourselves<br>*Leisure Arts<br>3:00-Table Talk and Games  | 8<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Express Yourself<br>*Convivencia<br>1:00-Irving's Beautiful World<br>*Bingo<br>3:00-Table Talk and Games  | 9<br>10:00-AM Warm-Ups<br>10:30- OMEGA- Food for Thought<br>*Art<br>1:00- <b>Robo the Clown</b><br>*Sports<br>3:00-Table Talk and Games                          | 10<br>10:00-AM Warm-Ups<br>10:30- Laughs w. Miguel<br>*Rica Recetas<br>* Intergenerational Activity<br>1:00- OMEGA-Body/Mind<br>*Manicures<br>3:00-Table Talk and Games |
| 13<br>10:00-AM Warm-Ups<br>10:30-OMEGA -Art Expressions<br>*Sports<br>1:00- <b>Travels w. Joel</b><br>*Monday Men's Group<br>3:00-Table Talk and Games | 14<br>10:00-AM Warm-Ups<br>10:30- <b>Mike Sings</b><br>1:00-OMEGA-Expressing Ourselves<br>*Leisure Arts<br>3:00-Table Talk and Games              | 15<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Express Yourself<br>*Convivencia<br>1:00-Irving's Beautiful World<br>*Bingo<br>3:00-Table Talk and Games | 16<br>10:00-AM Warm-Ups<br>10:30- OMEGA- Food for Thought<br>*Art<br>1:00- Crossword Club<br>*Sports<br>3:00-Table Talk and Games                                | 17<br>10:00-AM Warm-Ups<br>10:30-Current Events<br>*Rica Recetas<br>1:00-OMEGA-Body/Mind<br>*Manicures<br>3:00-Table Talk and Games                                     |
| 20<br><br>Center Closed<br>For<br>President's Day  | 21<br>10:00-AM Warm-Ups<br>10:30- <b>Papa Heinz on Accordion</b><br>1:00-OMEGA-Expressing Ourselves<br>*Leisure Arts<br>3:00-Table Talk and Games | 22<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Express Yourself<br>*Convivencia<br>1:00-Irving's Beautiful World<br>*Bingo<br>3:00-Table Talk and Games | 23 <b>IN-SERVICE DAY 9-4</b><br>10:00-AM Warm-Ups<br>10:30- OMEGA Food for Thought<br>*Art<br>1:00- Crossword Club<br>*Sports<br>3:00-Table Talk and Games       | 24<br>10:00-AM Warm-Ups<br>10:30- Laughs w. Miguel<br>*Rica Recetas<br>* Intergenerational Activity<br>1:00- OMEGA-Body/Mind<br>*Manicures<br>3:00-Table Talk and Games |
| 27<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Art Expressions<br>*Sports<br>1:00- Yoga<br>*Monday Men's Group<br>3:00-Table Talk and Games                    | 28<br>10:00-AM Warm-Ups<br>10:30- <b>Bob Long on Piano</b><br>1:00-OMEGA-Expressing Ourselves<br>*Leisure Arts<br>3:00-Table Talk and Games       | 29<br>10:00-AM Warm-Ups<br>10:30-OMEGA-Express Yourself<br>*Convivencia<br>1:00-Irving's Beautiful World<br>*Bingo<br>3:00-Table Talk and Games | * Recreational activities available in the Patio area throughout the day   |   |