



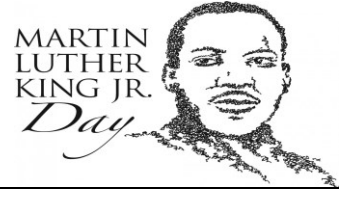








MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>CLOSED JANUARY 1ST</b> 				<b>2 Celebrating the New Year!</b> 10:15  Aromasize// Scents & Sounds 11:00  Gardening Club 11:00  Writing our Resolutions 12:30  Youtube and You 1:00  Montecito Stroll 1:30  Jam Session with Phil 2:45  Fireside Chat		<b>3 Alaska Admission Day (1959)</b> 10:00  Travels with Danica 11:15  Morning Moves // Scents & Scenes 12:30  Therapy Dog Yogi 1:00  Music Therapy with Hope 1:00  Art & Soul 2:30  Chat & Chow 2:45  Travelogue: In Search of Queen Sheba (Ethiopia)		<b>4 National Spaghetti and Trivia Day</b> 10:15  Laughter Yoga// Scents & Sounds 11:00  Agris Peterson 12:30  Ultimate Trivia 1:00  Art & Soul 1:00  Manicures 1:00  Bingo 2:45  Puzzle Palooza <b>Happy Birthday, Frances!!</b>	
<b>7 National Milk Day</b> 10:30  Morning Stretch// Scents & Scenes 11:00  Memory Lane Music with Hope 11:00  Therapy Dog Lily 1:00  Flower Arranging 1:00  International Art with Danica 2:30  Fireside Chat 3:00  TimeSlips Storytelling		<b>8 Show-and-Tell Day</b>  10:15  Chair Yoga 11:00  Trudy & Oscar 12:30  Bubble Break 1:15  Sculpture Design with Ken & Hayle 1:30  Show and Tell 2:45  TimeSlips Storytelling		<b>9 Connecticut Admission Day (1788)</b> 10:15  Aromasize// Scents & Sounds 11:00  Gardening Club 11:00  Music Therapy with Hope 1:00  Montecito Stroll 1:30  Jam Session with Phil 2:45  Fireside Chat		<b>10 Make Your Dreams Come True Day</b> 10:00  Travels with Danica 11:15  Morning Moves // Scents & Scenes 12:30  Therapy Dog Yogi 1:00  Music Therapy with Hope 1:00  Art & Soul 2:45  Travelogue: Home Sweet Home		<b>11 7<sup>th</sup> Annual Morse Code Day</b> 10:30  Laughter Yoga// Scents & Sounds 11:00  Bob on Piano! 12:30  Therapy Dog Pauline 1:00  Art & Soul 1:00  Manicures 1:00  Bingo 2:30  Morse Code Class	
<b>14 National Dress up Your Pet Day</b> 10:15  Morning Stretch// Scents & Scenes 11:00  Memory Lane Music with Hope 11:00  Therapy Dog Lily 1:00  Flower Arranging 1:00  International Art with Danica 1:00  Body Mind Awareness 2:30  Fireside Chat <b>Happy Birthday, Hubert! (1/13)</b>		<b>15 Dr. Martin Luther King Jr.'s Birthday (1929)</b> 10:15  Chair Yoga 11:00  Making Music 12:30  Bubble Break 1:15  Sculpture Design with Ken & Hayle 1:30  Music of Our Lives and Times 2:45  TimeSlips Storytelling <b>Happy Birthday, Ron C.!</b>		<b>16 National Bagel Day</b>  10:15  Aromasize// Scents & Sounds 11:00  Gardening Club 11:00  Songs with Gem 12:30  Youtube and You 1:00  Montecito Stroll 1:30  Body/Mind Awareness 2:45  Fireside Chat <b>Happy Birthday, Ed R.!!</b>		<b>17 Get to Know Your Neighbor Day</b> 10:00  Travels & Explorations 11:15  Morning Moves // Scents & Scenes 12:30  Therapy Dog Yogi 12:30  Letter Writing Workshops: Cards for Neighbors 1:00  Jam Session with Phil 1:00  Art & Soul 2:30  Chat & Chow 2:45  Travelogue: Latvia		<b>18 World Religions Day</b> 10:45  Fredrik on Piano! 12:30  World Religion Presentation 1:00  Art & Soul 1:00  Manicures 1:00  Bingo 2:30  Celebrating Religions of the World 	
<b>21 CLOSED</b>  <b>MARTIN LUTHER KING JR. Day</b> National Activity Professionals Week January 20-26 2019		<b>22 Heroes Day</b>  10:15  Chair Yoga 11:00  Making Music 12:30  Bubble Break 1:15  Sculpture Design with Ken & Hayle 1:30  Music of Our Lives and Times 2:45  TimeSlips Storytelling		<b>23 Measure Your Hands and Feet Day</b>  10:15  Aromasize// Scents & Sounds 11:00  Gardening Club 11:00  Youtube and You 12:30  Hand and Foot Measuring Competition 1:00  Montecito Stroll 1:30  Body/Mind Awareness 2:45  Fireside Chat		<b>24 Global Belly Laugh Day @ 1:24pm</b> 10:00  Travels & Explorations 11:15  Morning Moves // Scents & Scenes 12:30  Therapy Dog Yogi 1:00  Jam Session with Phil 1:00  Art & Soul 2:30  Fire Drill 2:45  Travelogue: The White House 		<b>25 Australia Day (observed a day early)</b> 10:15  Chair Chi Gong// Scents & Sounds 11:00  Joyous Movement 11:00  Art & Soul 1:00  Manicures 1:00  Bingo 2:30  Aus Day Celebration!  <b>Happy Birthday, Tracy!</b>	
<b>28 National Blueberry Pancake Day</b> 10:15  Morning Stretch// Scents & Scenes 11:00  Memory Lane Music with Hope 11:00  Therapy Dog Lily 1:00  Flower Arranging 1:00  International Art with Danica 1:00  Body Mind Awareness 2:45  TimeSlips Storytelling		<b>29 Curmudgeons Day (W.C Fields' Birthday, 1880)</b>  10:15  Chair Yoga 11:00  Making Music 12:30  Bubble Break 1:15  Sculpture Design with Ken & Hayle 1:30  Music of Our Lives and Times 2:45  TimeSlips Storytelling		<b>30 National Puzzle Day</b> 10:15  Aromasize// Scents & Sounds 11:00  Gardening Club 11:00  The Snapshot Band! 12:30  Youtube and You 1:00  Montecito Stroll 1:30  Body/Mind Awareness 2:45  Puzzle Palooza		<b>31 Backwards Day</b>  10:00  Travels & Explorations 11:00  Morning Moves // Scents & Scenes 12:30  Therapy Dog Yogi 1:00  Jam Session with Phil 1:00  Art & Soul 2:45  TimeSlips Storytelling <b>Happy Birthday, Danica and Daphne!</b>		Music Arts Physical Fitness Brain Fitness Community Life Skills	

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](mailto:ProgramManager@FriendshipCenterSB.org)

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