



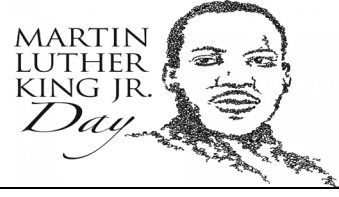
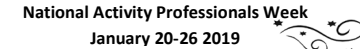








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED JANUARY 1ST</b> 		<b>2 Celebrating the New Year!</b> 10:15  Aromasize// Scents & Sounds Gardening Club 11:00  Writing our Resolutions 12:30  Youtube and You 1:00  Montecito Stroll 1:30  Jam Session with Phil 2:45  Fireside Chat	<b>3 Alaska Admission 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 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 Manicures 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 Therapy Dog Lily 1:00  Flower Arranging 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 Show and Tell 2:45  TimeSlips Storytelling	<b>9 Connecticut Admission Day (1788)</b> 10:15  Aromasize// Scents & Sounds 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 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 Manicures 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 Therapy Dog Lily 1:00  Flower Arranging International Art with Danica 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 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 Letter Writing Workshops: Cards for Neighbors 1:00  Jam Session with Phil 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 Manicures Bingo 2:30  Celebrating Religions of the World 
<b>21 CLOSED</b>  <b>MARTIN LUTHER KING JR. Day</b>  <b>National Activity Professionals Week</b> 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 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 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 Manicures 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 Therapy Dog Lily 1:00  Flower Arranging International Art with Danica 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 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 Art & Soul 2:45  TimeSlips Storytelling <b>Happy Birthday, Danica and Daphne!</b> 	Music Arts Physical Fitness Brain Fitness Community Life Skills

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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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