



Monday	Tuesday	Wednesday	Thursday	Friday
			All activities are subject to change. Contact us to confirm any particular activity. 805.969.0859. For program news & photos, follow us on Facebook, Instagram and LinkedIn: @friendshipcentersb	1 9:45am Morning News 10:00am Music of Our Lives & Times SBCC 11:30am Fitness Program 12:00pm Lunch 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Bingo ROYALE 2:00pm Art Class
4 10:00am Music of Our Lives & Times SBCC 11:30am SB Wildlife Care Network Class 11:30am Fitness 12:00pm Lunch 12:30pm March Madness 1:00pm SBCC - Art Exploration with Jodi 2:30pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down	5 9:00am Connections Social Club 10:00am Greek Class 10:30am Toga Tuesday Game 11:00am Live Music: Trudy & Oscar 12:00pm Lunch 12:45pm World of Interest: SBCC 1:00pm Cycling without Age 1:15pm Bingo 2:00pm Travels & Explorations 3:00pm Greek Trivia 3:00pm Nutrition & Wind Down	6 10:00am Music of Our Lives & Times SBCC 11:30am Live Music: Bob W. on Piano 12:00pm Lunch 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie & Daniel 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Fitness Program 2:45pm Bingo 3:00pm Nutrition & Wind Down	7 9:00am Connections Social Club 10:00am Memory Lane Music 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 12:00pm Lunch 12:30pm Career Convos 1:00pm Art Class 1:00pm Cycling without Age 2:00pm Music with Les Conrad 3:00pm Brain Games 3:00pm Nutrition & Wind Down	8 10:00am Music of Our Lives & Times SBCC 11:30am Fitness Program 12:00pm Lunch 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Bingo ROYALE
11 10:00am Music of Our Lives & Times SBCC 11:30am Fitness 12:00pm Lunch 12:30pm March Madness 1:00pm SBCC - Art Exploration with Jodi 2:30pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down	12 9:00am Connections Social Club 10:00am Memory Lane Music 11:15am Dance Fitness with Leslie Sokol 12:00pm Lunch 12:45pm World of Interest: SBCC 1:00pm Cycling without Age 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down 3:15pm Afternoon Stretch & Stories	13 10:00am Music of Our Lives & Times SBCC 11:30am Fitness 12:00pm Lunch 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie & Daniel 1:00pm Snapshot Band 1:00pm Cycling without Age 2:00pm Art Class 2:45pm Bingo 3:00pm Nutrition & Wind Down	14 9:00am Connections Social Club 10:00am Cycling without Age 10:30am Tour through Ireland 11:00am Magic Show: Steve Jaffe 12:00pm Lunch 12:30pm March Madness 1:00pm Craft Club 1:00pm Cycling without Age 2:00pm Afternoon Stretch & Stories 3:00pm Nutrition & Wind Down	15 10:00am Music of Our Lives & Times SBCC 11:30am Fitness Program 12:00pm Lunch 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Bingo ROYALE
18 10:00am Music of Our Lives & Times SBCC 11:30am Fitness 12:00pm Lunch 12:30pm March Madness 1:00pm SBCC - Art Exploration with Jodi 2:30pm Montecito Walking Club 2:30pm Bingo 3:00pm Nutrition & Wind Down	19 9:00am Connections Social Club 10:00am Earth, Wind & Fire Exercise 11:00am Sports History 12:00pm Pizza Party 12:45pm World of Interest: SBCC 1:00pm Cycling without Age 2:00pm Travels & Explorations 3:00pm Nutrition & Wind Down	20 10:00am Music of Our Lives & Times SBCC 11:30am Fitness 12:00pm Lunch 12:30pm Men's Group 12:45pm Pet Therapy with Gerrie & Daniel 1:00pm Councilmember Oscar Gutierrez Visit 1:00pm Cycling without Age 2:00pm Watercolor Class 2:45pm Bingo	21 9:00am Connections Social Club 10:00am Cycling without Age 11:15am Joyous Movement with Beth Amine 12:00pm Lunch 12:30pm March Madness 1:00pm Fredrik on Piano 1:00pm Cycling without Age 2:00pm Craft Club 3:00pm Afternoon Stretch & Stories	22 10:00am Music of Our Lives & Times SBCC 11:30am Fitness Program 12:00pm Lunch 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Bingo ROYALE
25 10:00am Memory Lane Music 11:30am Fitness 12:00pm Lunch 12:30pm March Madness 1:00pm Montecito Walking Club 1:00pm Art Class 2:00pm Bingo 3:00pm Nutrition & Wind Down	26 9:00am Connections Social Club 10:00am Memory Lane Music 11:15am Dance Fitness with Leslie Sokol 12:00pm Taco Tuesday 1:00pm Live Music with Gem 1:00pm Cycling without Age 2:00pm Brain Games 2:00pm Art Class 3:00pm Nutrition & Wind Down	27 10:00am Memory Lane Music 11:30am Fitness 12:00pm Lunch 12:30pm Men's Group 1:00pm Party Animals Petting Zoo 1:00pm Cycling without Age 2:00pm Watercolor Class 2:30pm Bingo 3:00pm Nutrition & Wind Down	28 9:00am Connections Social Club 10:00am Pre-Prom Primp, Prep & Stretch 12:00pm SENIOR PROM 1:00pm Cycling without Age 2:00pm Art Class 3:00pm Nutrition & Wind Down	29 10:00am Music of Our Lives & Times SBCC 11:30am Fitness Program 12:00pm Lunch 12:30pm Friday ReFRESH: Manicures & Massages 1:00pm Bingo ROYALE