

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>the</i> OAK COTTAGE <i>of</i> <i>santa barbara</i> <i>memory care</i></p> <p>1820 De La Vina Santa Barbara, CA 93101 805-456-7270</p>	<p>1</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Chair Yoga [OV] 10:30 Morning Snack 11:00 Nature Walk 11:00 Pen Pal Writing 11:30 National Geographic Channel [OV] 12:00 Lunch [OV] 1:30 Loteria (BINGO) [OV] 2:00 Making Smoothies 2:30 Afternoon Snack/Tea Time 2:30 Men's Club [GV] 3:00 Stretch & Smile with Paul Eugene [OV] 3:30 Reader's Corner [FP] 4:00 Nature Walk [BP] 5:00 Dinner 	<p>2</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Music of Our Lives/Times Vitality Class 10:30 Morning Snack 11:00 Sing A Song [OV] 12:00 Garden View Lunch [GV] 1:30 Aromatherapy/Meditation 2:00 Brain Challenge 2:30 Afternoon Snack/Tea Time 2:30 Ice Cream Sundae Bar 3:00 Cardio Class [OV] 3:30 Chair Travel 3:30 Spirit Lifters (Poems) [FP] 4:00 Nature Walk 5:00 Dinner 	<p>3</p> <p>Nancy Ann's Birthday!</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Fun & Fitness [OV] 10:30 Morning Snack 11:00 Baking Corner 11:30 Music/Memory [OV] 12:00 Lunch [OV] 1:30 World of Interest Vitality Class [OV] 2:00 BINGO 2:30 Afternoon Snack/Tea Time 3:00 Rockin' Aerobics [OV] 3:30 Pictionary [OV] 4:00 Garden Club [BP] 5:00 Dinner 	<p>4</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Chair Ballet [OV] 10:30 Morning Snack 11:00 Charades [OV] 11:30 What's Trending (Cultural Updates) [OV] 12:00 Lunch [OV] 1:30 Body/Mind Awareness Vitality Class 2:30 Afternoon Snack/Tea Time 3:00 Aromatherapy 3:30 Talking Books 4:00 Nature Walk 5:00 Dinner 	<p>5</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Aromatherapy [OV] 10:30 Morning Snack 11:00 Pen Pal Project 11:00 Saturday Cinema [OV] 12:00 Lunch [OV] 1:00 Bible Study 1:00 Tea and Company [FP] 1:30 Floral Arrangement 2:00 Manly Manicures [OV] 2:30 Afternoon Snack/Tea Time 3:00 Weekend Dance Party! [OV] 3:30 Women's Cocktail Hour [FP] 4:00 Nature Walk 5:00 Dinner 		
	<p>6</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Calgary Church Service Channel 3 10:00 Chair Aerobics with Paul Eugene [OV] 10:30 Morning Snack 11:00 BINGO [OV] 12:00 Lunch [OV] 1:30 Art Expressions [OV] 2:00 Sunshine Stroll 2:30 Afternoon Snack/Tea Time 3:00 Chair Dancing [OV] 3:30 Social Hour [FP] 5:00 Dinner 5:00 Music Memories (Old Time Radio) [OV] 	<p>7</p> <p>Labor Day</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Chair Zumba [OV] 10:30 Morning Snack 11:00 Ladies Chat [BP] 11:30 Garden Club [BP] 12:00 Garden View Lunch [GV] 1:30 Travels/Explorations Vitality Class [OV] 2:30 Afternoon Snack/Tea Time 3:00 Aromatherapy/Meditation 3:30 Monday Matinee [OV] 3:30 Nature Walk [BP] 5:00 Dinner 	<p>8</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Chair Tai Chi [OV] 10:30 Morning Snack 11:00 Jeopardy [OV] 11:30 Iced Tea & Chat 12:00 Lunch [OV] 1:30 Loteria (BINGO) [OV] 2:30 Afternoon Snack/Tea Time 2:30 Chef's Academy 3:00 Stretch & Smile with Paul Eugene [OV] 3:30 Reader's Corner [FP] 4:00 Nature Walk [BP] 5:00 Dinner 	<p>9</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Music of Our Lives/Times Vitality Class 10:30 Morning Snack 11:00 Sing A Song [OV] 12:00 Garden View Lunch [GV] 1:30 Good News Network [OV] 2:00 Brain Challenge 2:30 Afternoon Snack/Tea Time 2:30 Ice Cream Sundae Bar 3:00 Cardio Class [OV] 3:30 Chair Travel 3:30 Spirit Lifters (Poems) [FP] 4:00 Nature Walk 5:00 Dinner 	<p>10</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Fun & Fitness [OV] 10:30 Morning Snack 11:00 Baking Corner 11:00 Express Yourself (Fruit Art) [OV] 11:30 Music/Memory [OV] 12:00 Lunch [OV] 1:30 World of Interest Vitality Class [OV] 2:00 BINGO 2:30 Afternoon Snack/Tea Time 3:00 Rockin' Aerobics [OV] 3:30 Charades 4:00 Garden Club [BP] 5:00 Dinner 	<p>11</p> <p>Maxine's birthday!</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Chair Ballet [OV] 10:30 Morning Snack 11:00 Pictionary [OV] 11:30 Wheel of Fortune [OV] 12:00 Lunch [OV] 1:30 Body/Mind Awareness Vitality Class 2:30 Afternoon Snack/Tea Time 3:00 Afternoon Meditation 3:30 Book Club 4:00 Nature Walk 5:00 Dinner 	<p>12</p> <ul style="list-style-type: none"> 8:30 Breakfast 10:00 Morning Stretches [OV] 10:30 Morning Snack 11:00 Pen Pal Project 11:00 Saturday Cinema [OV] 12:00 Lunch [OV] 1:00 Tea and Company [FP] 1:30 Social Hour 2:30 Afternoon Snack/Tea Time 3:00 Weekend Dance Party! [OV] 3:30 Women's Cocktail Hour [FP] 4:00 Nature Walk 5:00 Dinner
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