

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1820 De La Vina
Santa Barbara, CA 93101
805-456-7270

Location Keys
Back Patio BP
Front Porch FP
Garden View GV
Oakview OV

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well
- Meals
- Snack

- 1**
- 8:30 Breakfast
 - 10:00 Fun & Fitness [OV]
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Baking Corner
 - 11:00 Express Yourself (Fruit Art) [OV]
 - 11:30 Music/Memory [OV]
 - 12:00 Lunch [OV]
 - 1:00 Hair Salon Services
 - 1:30 World of Interest Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Rockin' Aerobics [GV]
 - 3:00 Tech Talk with Jovany [OV]
 - 3:30 Charades
 - 4:00 Garden Club [BP]
 - 5:00 Dinner

- 2**
- 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
 - 3:00 Book Club
 - 4:00 Nature Walk
 - 5:00 Dinner

- 3**
- 8:30 Breakfast
 - 10:00 Morning Stretches [OV]
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 10:30 Scenic Drive
 - 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 Spiritual Corner with Rachel
 - 3:00 Weekend Dance Party! [OV]
 - 3:30 Women's Cocktail Hour [FP]
 - 4:00 Nature Walk
 - 5:00 Dinner

- 4**
- 8:30 Breakfast
 - 10:00 Calgary Church Service Channel 3
 - 10:00 Morning Warm-Up [OV]
 - 10:30 Morning Snack
 - 11:00 BINGO [OV]
 - 11:30 Comedy Hour [OV]
 - 12:00 Lunch [OV]
 - 1:30 Art Expressions [OV]
 - 1:30 Sunshine Stroll
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Dancing [OV]
 - 3:30 Movie Matinee
 - 3:30 Patio Chat [BP]
 - 5:00 Dinner

- 5**
- 8:30 Breakfast
 - 10:00 Stretch & Smile
 - 10:30 Morning Snack
 - 11:00 Truth & Trivia [GV]
 - 11:30 Glamour Hour (Nail Salon)
 - 12:00 Garden View Lunch [GV]
 - 1:30 Art Expressions [GV]
 - 1:30 Baking Cake Pops [OV]
 - 1:30 Travels/Explorations Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Baby Talk with Edith
 - 3:00 Rockin' Aerobics [OV]
 - 3:30 American Bandstand (Music Concert) [GV]
 - 3:30 Nature Walk [BP]
 - 4:00 Monday Matinee [OV]
 - 5:00 Dinner

- 6**
- 8:30 Breakfast
 - 10:00 Cardio Class
 - 10:30 Morning Snack
 - 11:00 Mind Puzzlers
 - 11:30 What's Trending/Good News Network [OV]
 - 12:00 Lunch [OV]
 - 1:30 Today in History [OV]
 - 2:00 Making Smoothies
 - 2:30 Afternoon Snack/Tea Time
 - 2:30 Men's Club [GV]
 - 3:00 Move to the Beat [OV]
 - 3:30 Creative Crafts [OV]
 - 4:00 Garden Club [BP]
 - 5:00 Dinner

- 7**
- Simon's birthday
Sue's Birthday!
- 8:30 Breakfast
 - 10:00 Music of Our Lives/Times Vitality Class
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Morning Warm-Up [OV]
 - 11:30 Nature Walk [BP]
 - 12:00 Garden View Lunch [GV]
 - 1:30 Tea and Chat [GV]
 - 2:00 Brain Challenge
 - 2:20 Ice Cream Sundae Bar
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Ballet [OV]
 - 3:00 Time Travel with Andrea
 - 3:30 Chair Travel [OV]
 - 4:00 Mind Joggers- Riddles
 - 5:00 Dinner

- 8**
- 8:30 Breakfast
 - 10:00 Chair Tai Chi
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Baking Corner
 - 11:30 Patio Chat [BP]
 - 12:00 Lunch [OV]
 - 1:00 Hair Salon Services
 - 1:30 World of Interest Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Fun & Fitness [GV]
 - 3:00 Tech Talk with Jovany [OV]
 - 3:30 Film Classics [OV]
 - 3:30 Today in History [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 9**
- Carol J's Birthday!
- 8:30 Breakfast
 - 10:00 Dancercise [OV]
 - 10:30 Morning Snack
 - 11:00 Animal Kingdom [OV]
 - 11:00 Social Hour- Life Stories Cards [GV]
 - 12:00 Lunch [OV]
 - 1:30 Body/Mind Awareness Vitality Class
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Yoga [OV]
 - 3:30 Evening Cinema [OV]
 - 3:30 Tongue Twisters [GV]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 10**
- 8:30 Breakfast
 - 10:00 Aromatherapy/Meditation
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Art Studio
 - 11:00 Pen Pal Project
 - 12:00 Lunch [OV]
 - 1:30 Word within a Word [OV]
 - 2:00 Bird Watching [FP]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Spiritual Corner with Rachel
 - 3:30 Women's Cocktail Hour [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 11**
- 8:30 Breakfast
 - 10:00 Calgary Church Service Channel 3
 - 10:00 Morning Warm-Up [OV]
 - 10:30 Morning Snack
 - 11:00 BINGO [OV]
 - 11:30 Comedy Hour [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 Movie Matinee
 - 3:30 Patio Chat [BP]
 - 5:00 Dinner

- 12**
- Columbus Day
- 8:30 Breakfast
 - 10:00 Stretch & Smile
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Truth & Trivia [GV]
 - 11:30 Glamour Hour (Nail Salon)
 - 12:00 Garden View Lunch [GV]
 - 1:30 Art Expressions [GV]
 - 1:30 Baking Cake Pops [OV]
 - 1:30 Travels/Explorations Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Baby Talk with Edith
 - 3:00 Rockin' Aerobics [OV]
 - 3:30 American Bandstand (Music Concert) [GV]
 - 3:30 Nature Walk [BP]
 - 4:00 Monday Matinee [OV]
 - 5:00 Dinner

- 13**
- 8:30 Breakfast
 - 10:00 Cardio Class
 - 10:30 Morning Snack
 - 11:00 Mind Puzzlers
 - 11:30 What's Trending/Good News Network [OV]
 - 12:00 Lunch [OV]
 - 1:30 Today in History [OV]
 - 2:00 Making Smoothies
 - 2:30 Afternoon Snack/Tea Time
 - 2:30 Chef's Academy
 - 3:00 Move to the Beat [OV]
 - 3:30 Creative Crafts [OV]
 - 4:00 Garden Club [BP]
 - 5:00 Dinner

- 14**
- 8:30 Breakfast
 - 10:00 Music of Our Lives/Times Vitality Class
 - 10:30 Morning Snack
 - 11:15 Morning Warm-Up [OV]
 - 11:30 Nature Walk [BP]
 - 12:00 Garden View Lunch [GV]
 - 1:30 Tea and Chat [GV]
 - 2:00 Brain Challenge
 - 2:20 Ice Cream Sundae Bar
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Ballet [OV]
 - 3:00 Time Travel with Andrea
 - 3:30 Chair Travel [OV]
 - 4:00 Mind Joggers- Riddles
 - 5:00 Dinner

- 15**
- Margaret's Birthday
- 8:30 Breakfast
 - 10:00 Chair Tai Chi
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Baking Corner
 - 11:30 Patio Chat [BP]
 - 12:00 Lunch [OV]
 - 1:00 Hair Salon Services
 - 1:30 World of Interest Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Fun & Fitness [GV]
 - 3:00 Tech Talk with Jovany [OV]
 - 3:30 Film Classics [OV]
 - 3:30 Today in History [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 16**
- 8:30 Breakfast
 - 10:00 Dancercise [OV]
 - 10:30 Morning Snack
 - 11:00 Animal Kingdom [OV]
 - 11:00 Social Hour- Life Stories Cards [GV]
 - 12:00 Lunch [OV]
 - 1:30 Body/Mind Awareness Vitality Class
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Yoga [OV]
 - 3:30 Evening Cinema [OV]
 - 3:30 Tongue Twisters [GV]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 17**
- 8:30 Breakfast
 - 10:00 Aromatherapy/Meditation
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Art Studio
 - 11:00 Pen Pal Project
 - 12:00 Lunch [OV]
 - 1:30 Word within a Word [OV]
 - 2:00 Bird Watching [FP]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Spiritual Corner with Rachel
 - 3:30 Women's Cocktail Hour [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 18**
- 8:30 Breakfast
 - 10:00 Calgary Church Service Channel 3
 - 10:00 Morning Warm-Up [OV]
 - 10:30 Morning Snack
 - 11:00 BINGO [OV]
 - 11:30 Comedy Hour [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 Movie Matinee
 - 3:30 Patio Chat [BP]
 - 5:00 Dinner

- 19**
- 8:30 Breakfast
 - 10:00 Stretch & Smile
 - 10:30 Morning Snack
 - 11:00 Truth & Trivia [GV]
 - 11:30 Glamour Hour (Nail Salon)
 - 12:00 Garden View Lunch [GV]
 - 1:30 Art Expressions [GV]
 - 1:30 Baking Cake Pops [OV]
 - 1:30 Travels/Explorations Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Baby Talk with Edith
 - 3:00 Rockin' Aerobics [OV]
 - 3:30 American Bandstand (Music Concert) [GV]
 - 3:30 Nature Walk [BP]
 - 4:00 Monday Matinee [OV]
 - 5:00 Dinner

- 20**
- 8:30 Breakfast
 - 10:00 Cardio Class
 - 10:30 Morning Snack
 - 11:00 Mind Puzzlers
 - 11:30 What's Trending/Good News Network [OV]
 - 12:00 Lunch [OV]
 - 1:30 Today in History [OV]
 - 2:00 Making Smoothies
 - 2:30 Afternoon Snack/Tea Time
 - 2:30 Men's Club [GV]
 - 3:00 Move to the Beat [OV]
 - 3:30 Creative Crafts [OV]
 - 4:00 Garden Club [BP]
 - 5:00 Dinner

- 21**
- 8:30 Breakfast
 - 10:00 Music of Our Lives/Times Vitality Class
 - 10:30 Morning Snack
 - 11:15 Morning Warm-Up [OV]
 - 11:30 Nature Walk [BP]
 - 12:00 Garden View Lunch [GV]
 - 1:30 Tea and Chat [GV]
 - 2:00 Brain Challenge
 - 2:20 Ice Cream Sundae Bar
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Ballet [OV]
 - 3:00 Time Travel with Andrea
 - 3:30 Chair Travel [OV]
 - 4:00 Mind Joggers- Riddles
 - 5:00 Dinner

- 22**
- Shirley's Birthday
- 8:30 Breakfast
 - 10:00 Chair Tai Chi
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Baking Corner
 - 11:30 Patio Chat [BP]
 - 12:00 Lunch [OV]
 - 1:00 Hair Salon Services
 - 1:30 World of Interest Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Fun & Fitness [GV]
 - 3:00 Tech Talk with Jovany [OV]
 - 3:30 Film Classics [OV]
 - 3:30 Today in History [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 23**
- Ted's Birthday
- 8:30 Breakfast
 - 10:00 Dancercise [OV]
 - 10:30 Morning Snack
 - 11:00 Animal Kingdom [OV]
 - 11:00 Social Hour- Life Stories Cards [GV]
 - 12:00 Lunch [OV]
 - 1:30 Body/Mind Awareness Vitality Class
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Yoga [OV]
 - 3:30 Evening Cinema [OV]
 - 3:30 Tongue Twisters [GV]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 24**
- 8:30 Breakfast
 - 10:00 Aromatherapy/Meditation
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Art Studio
 - 11:00 Pen Pal Project
 - 12:00 Lunch [OV]
 - 1:30 Word within a Word [OV]
 - 2:00 Bird Watching [FP]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Spiritual Corner with Rachel
 - 3:30 Women's Cocktail Hour [FP]
 - 4:00 Nature Walk [BP]
 - 5:00 Dinner

- 25**
- 8:30 Breakfast
 - 10:00 Calgary Church Service Channel 3
 - 10:00 Morning Warm-Up [OV]
 - 10:30 Morning Snack
 - 11:00 BINGO [OV]
 - 11:30 Comedy Hour [OV]
 - 12:00 Lunch [OV]
 - 1:30 Art Expressions [OV]
 - 1:30 Wood Work with James
 - 2:00 Sunshine Stroll
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Dancing [OV]
 - 3:30 Movie Matinee
 - 3:30 Patio Chat [BP]
 - 5:00 Dinner

- 26**
- 8:30 Breakfast
 - 10:00 Stretch & Smile
 - 10:30 Morning Snack
 - 11:00 Truth & Trivia [GV]
 - 11:30 Glamour Hour (Nail Salon)
 - 12:00 Garden View Lunch [GV]
 - 1:30 Art Expressions [GV]
 - 1:30 Baking Cake Pops [OV]
 - 1:30 Travels/Explorations Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Baby Talk with Edith
 - 3:00 Rockin' Aerobics [OV]
 - 3:30 American Bandstand (Music Concert) [GV]
 - 3:30 Nature Walk [BP]
 - 4:00 Monday Matinee [OV]
 - 5:00 Dinner

- 27**
- 8:30 Breakfast
 - 10:00 Cardio Class
 - 10:30 Morning Snack
 - 11:00 Mind Puzzlers
 - 11:30 What's Trending/Good News Network [OV]
 - 12:00 Lunch [OV]
 - 1:30 Today in History [OV]
 - 2:00 Making Smoothies
 - 2:30 Afternoon Snack/Tea Time
 - 2:30 Men's Club [GV]
 - 3:00 Move to the Beat [OV]
 - 3:30 Creative Crafts [OV]
 - 4:00 Garden Club [BP]
 - 5:00 Dinner

- 28**
- 8:30 Breakfast
 - 10:00 Music of Our Lives/Times Vitality Class
 - 10:30 Morning Snack
 - 11:15 Morning Warm-Up [OV]
 - 11:30 Nature Walk [BP]
 - 12:00 Garden View Lunch [GV]
 - 1:30 Tea and Chat [GV]
 - 2:00 Brain Challenge
 - 2:20 Ice Cream Sundae Bar
 - 2:30 Afternoon Snack/Tea Time
 - 3:00 Chair Ballet [OV]
 - 3:00 Time Travel with Andrea
 - 3:30 Chair Travel [OV]
 - 4:00 Mind Joggers- Riddles
 - 5:00 Dinner

- 29**
- 8:30 Breakfast
 - 10:00 Chair Tai Chi
 - 10:30 Morning Snack
 - 10:30 Scenic Drive
 - 11:00 Baking Corner
 - 11:30 Patio Chat [BP]
 - 12:00 Lunch [OV]
 - 1:00 Hair Salon Services
 - 1:30 World of Interest Vitality Class [OV]
 - 2:30 Afternoon Snack/Tea Time
 - 3:00