

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WELBROOK™ Santa Monica 1450 17th St. Santa Monica, CA 90404 424-282-3002 "Each day I am thankful for nights that turned into mornings, friends that turned into reality and likes that turned into loves." — Unknown Emotional Environmental Intellectual Physical Spiritual	<p>8 9:45 Current Events: Positive News with Felicia Felicia</p> <p>10:00 ☹️ Soul Chair Dancing class with Felicia</p> <p>10:15 Moments group: Sensory Stimulation Hand Massages and Aroma Therapy</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>1:00 🍀 Movie Facts and Trivia</p> <p>2:00 Happy hour with entertainment with Robert Ryeman</p> <p>3:00 Moments Group: Neighborhood Stroll with Felicia (On Property)</p> <p>3:00 🧩 Sunday Leisure Games</p> <p>4:00 🍀 Chefs table</p>	<p>9 9:45 🧩 Current Events Positive News with Felicia</p> <p>10:00 ☹️ Soul Chair Dancing class with Felicia Care Staff</p> <p>10:15 🧩 Fun in the Sun Patio Activities (Table top volleyball)</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>1:00 🍀 Moments Group: Scenic Walk at Welbrook</p> <p>2:00 Sorting and Tactile Sensory Stimulation</p> <p>3:00 🧩 Afternoon Snacks Margareta Mondays with Salsa and Chips</p> <p>3:30 🧩 Leisure Activities</p> <p>4:30 🍀 Dining Around the world</p> <p>6:30 🧩 Welbrooks Movie Night: Romantic Comedy</p>	<p>10 9:45 🧩 Current Events Positive News with Felicia</p> <p>10:00 ☹️ Chair Pilates class with Felicia</p> <p>10:15 Moments Circle: Relaxation Group Story Telling with Maria</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>11:00 Poetry Reading with Charles through Skype</p> <p>1:00 Coffee Social Relaxing Reading Corner with Care staff</p> <p>1:30 Men's Group: History Of boxing</p> <p>2:00 Interactive Seminar: Art Appreciation Class Rembrandt</p> <p>3:00 🧩 Welbrook Afternoon Tea Social with Petites Maria</p> <p>4:30 🍀 Chefs table</p> <p>5:45 🧩 Welbrooks Movie Night Residents Choice</p>	<p>11 Veterans Day</p> <p>9:45 🧩 Current Events Positive News with Felicia</p> <p>10:00 ☹️ Chair Tai Chi Strengthen and Stretching With Felicia</p> <p>10:15 ❤️ Moments Group: Music and Relaxation</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>1:45 🧩 Moments Group: Scenic Walk at Welbrook on property</p> <p>2:00 Moments Group: Arm Chair Travel Care Staff</p> <p>3:00 🧩 Paint and Sip Art class</p> <p>4:30 🍀 Bon Appetit</p> <p>6:30 🧩 Welbrooks Movie Night: Musicals Maria</p>	<p>12 9:00 🧩 Beauty Salon to The Stars Maria</p> <p>10:00 ☹️ Soul Chair Dancing class with Felicia Felicia</p> <p>10:15 Moments Circle: Arts in mind Color therapy with Care Giver</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>1:00 Moments Group : Scenic Drive Of Santa Monica</p> <p>2:00 🧩 Brainercise: Interactive Sudoku Felicia</p> <p>2:00 🧩 Puzzles and Brain stimulation game</p> <p>4:30 🍀 Chefs Table Docutmentary</p> <p>5:45 🧩 Welbrooks Movie Night: Residents Choice</p>	<p>13 9:45 🧩 Current Events: Positive News with Maria Maria</p> <p>10:00 ☹️ Weight Lifting class with Maria</p> <p>10:15 🧩 Moments Circle : Sensory Hands Games and Puzzles</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>1:00 🦋 Brainercise: Sudoku Game</p> <p>1:15 Moments Group: Hand Massages Sensory Stimulation</p> <p>2:00 🧩 Happy Hour with Entertainment by Randy Care Staff</p> <p>3:00 Afternoon Snacks and hydration</p> <p>4:30 Chefs table</p> <p>5:45 🧩 Welbrooks Movie Night: Comedy</p>	<p>14 10:00 ☹️ Exercise With Maria</p> <p>10:30 ☹️ Welbrook Stroll Nature Walk (on property)</p> <p>10:45 Hydration Libation</p> <p>11:00 ☹️ Moments Group: Hand Massages and Relaxation Care Staff</p> <p>1:30 Moments Group: Sorting and Folding</p> <p>2:00 🧩 Happy Hour With Entertainment by Jimmy Brewster</p> <p>3:00 Afternoon Snacks and hydration</p> <p>4:00 🍀 The Best of the best Chefs of the World.</p> <p>5:45 🧩 Welbrooks Movie Night</p>