








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