



Good Times at GARDEN COURT



1116 De La Vina St. • Santa Barbara, CA 93101 • (805) 884-0095

January 2020

TAMI WHITACRE



RESIDENT BIRTHDAYS

JOE JACINTO	1
DAVID ANDERSON	6
JULLIAN DOMINGUEZ	9
MIZUE BAKER	11
SUSAN LEGGANS	11
CORRINE JOHNSON	15
LYNNE LAURENCE	18
NORMA KUTZER	19
BETTY "BRITT" ILIFF	28

EMPLOYEE BIRTHDAYS

YOSELIN MEDINA	6
ANTONIA OCHOA	17
KEVIN AYALA	25

Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you, like a good neighbor, during National Thank You Month.

HAPPY NEW YEAR EVERYONE!

We want to start our new year by welcoming all of our new residents to our Garden Court family.

We will be gathering to watch the Rose Parade, enjoying Pancho's delicious New Year's feast and finishing with the Rose Bowl at 1pm in the living room.

Look forward to Field trips, Tea Parties, FREE Silver Screenings at the Riviera Theater, the SBCC Vitality classes that will resume on Jan. 13th, and more! Please attend the Resident Activities Meeting on Jan. 7th to help us plan a fun and exciting new year!



SOPHIA FLORES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>RON PARIS AND JULIE CARLSON 5 1:00 Bingo Club in the library 2:00 Music Club with Ron Paris and Julie Carlson 6:00 Sunday Night Movie in the living room</p>	 <p>VITAL SIGNS/ GC IDEA CAFE 6 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library 1:15 Vital Signs Clinic with Cathy from Cottage Parish Nursing 2:00 Garden Court Idea Cafe, in the living room 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library</p>	<p>SBCC VITALITY CLASSES Classes resume on January 13th! Tues- Mind and Body with Luis 9:45am Wed- Travels and Explore with Patty 10:30am Thurs- Music of lives/ times with Susan 2pm</p>	<p>NEW YEAR'S DAY! 1 8:00 Tournament of Roses Parade 12:00 Pancho's famous New Year's Day Dinner 1:00 Bingo Club in the library 1:00 Rose Bowl Oregon vs Wisconsin 3:00 Sing-a-long Club with Gem in the living room</p>	<p>2 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library</p>	<p>3 SCENIC DRIVE FRIDAYS WITH DANIEL 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie</p>	<p>4 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room</p>
<p>5 1:00 Bingo Club in the library 2:00 Music Club with Ron Paris and Julie Carlson 6:00 Sunday Night Movie in the living room</p>	<p>6 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library 1:15 Vital Signs Clinic with Cathy from Cottage Parish Nursing 2:00 Garden Court Idea Cafe, in the living room 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library</p>	<p>7 RESIDENT ACTIVITIES MEETING 9:00 Shopping Trip to Ross/ Costco 12:45 Bingo Club in the library 2:00 Resident Activities Meeting in the living room. All residents are encouraged to attend. 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor 3:15 Conversation Circles with Catherine</p>	<p>8 FLOWER CLASS TODAY 9:00 Walk and Talk Club! 10:30 Use it or lose it with Charlene in the living room 12:45 Bingo Club in the library 2:00 Flower Empower Club, with Charlene in the courtyard</p>	<p>9 RESIDENT OF THE MONTH DINNER 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 11:30 SB Film Festival FREE movies Riviera Theater 12:45 Bingo Club in the library 4:30 Resident of the month dinner</p>	<p>10 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie</p>	<p>11 FREDRIK ON THE PIANO 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 4:00 Fredrik on the piano 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room</p>
<p>12 1:00 Bingo Club in the library 3:30 Piano Concert with Keith in the living room 6:00 Sunday Night Movie in the living room</p>	<p>13 GARDEN COURT IDEA CAFE 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:15 Accessible Yoga Club 12:45 Bingo Club In the library 2:00 Garden Court Idea Cafe, in the living room 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library</p>	<p>14 FOOD COMMITTEE MEETING 9:00 Shopping Trip to The 99 Cent Store 9:45 SBCC Mind and Body Awareness with Luis Sanchez 12:45 Bingo Club in the library 2:00 Food Committee Meeting in the living room. All residents are encouraged to attend. 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor</p>	<p>15 ROLANDO/ MY CARE WORKSHOP 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library 2:00 Rolando on the Wind Synthesizer 3:00 My Care (formerly 5 Wishes) Community Workshop in the library</p>	<p>16 JANUARY RESIDENTS' BIRTHDAY PARTY 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults 6:00 January Residents Birthday Party</p>	<p>17 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie</p>	<p>18 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room</p>
<p>19 1:00 Bingo Club in the library 3:00 Sing-a-long Club with Gem in the living room 6:00 Sunday Night Movie in the living room</p>	<p>20 MARTIN LUTHER KING JR. DAY 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:15 Accessible Yoga Club 12:45 Bingo Club In the library 2:00 Garden Court Idea Cafe, in the living room 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library</p>	<p>21 HEALTH AND SAFETY MEETING 9:00 Shopping Trip to Trader Joe's 9:45 SBCC Mind and Body Awareness with Luis Sanchez 12:45 Bingo Club in the library 2:00 Health and Safety Meeting in the living room 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor 3:15 Conversation Circles with Catherine</p>	<p>22 FLOWER CLASS TODAY 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library 2:00 Flower Empower Club with Charlene in the courtyard</p>	<p>23 SBCC VITALITY MUSIC WITH SUSAN 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults</p>	<p>24 FIRST TEA PARTY OF THE YEAR! 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 3:00 2020 Tea Party in the living room 6:00 Friday Night Movie</p>	<p>25 CHINESE NEW YEAR 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room</p>
<p>26 1:00 Bingo Club in the library 3:30 Piano concert with Jake Carter in the living room 6:00 Sunday Night Movie in the living room</p>	<p>27 GARDEN COURT IDEA CAFE 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:15 Accessible Yoga Club 12:45 Bingo Club In the library 2:00 Garden Court Idea Cafe, in the living room 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library</p>	<p>28 TOWN HALL MEETING TODAY 9:00 Shopping Trip to The Dollar Tree in Goleta 9:45 SBCC Mind and Body Awareness with Luis Sanchez 12:45 Bingo Club in the library 2:00 Town Hall Meeting in the living room 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor</p>	<p>29 TED TALKS WITH CHRIS 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library 4:00 TED Talks with Chris in the living room</p>	<p>30 SBCC VITALITY MUSIC WITH SUSAN 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 11:30 SB Film Festival Free movies at the Riviera Theater 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults</p>	<p>31 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie</p>	 <p>庚子年2020 YEAR OF THE RAT</p>



"Then & Now"

Champions of the Ice

Each January, the country's best skaters take to the ice for the U.S. Figure Skating Championships. Give a round of applause to some previous gold medal winners.

<u>Year</u>	<u>Men's Champion</u>	<u>Ladies' Champion</u>
1946	Dick Button	Gretchen Merrill
1957	David Jenkins	Carol Heiss
1968	Tim Wood	Peggy Fleming
1976	Terry Kubicka	Dorothy Hamill
1984	Scott Hamilton	Rosalynn Summers
1997	Todd Eldredge	Tara Lipinski
2003	Michael Weiss	Michelle Kwan
2019	Nathan Chen	Alysa Liu

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.