

Monday

Tuesday

Wednesday

Thursday

Friday



# May 2026

## Sea Breeze Adult Day Center

8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Sing-Along 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise					<b>1</b>				
8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	<b>4</b>	8:30 Coffee & Friends 9:30 <b>Cinco De Mayo Party</b> 10:30 Stretch & Sing-along 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo <b>2:00 Interactive Music w/ Rosana</b> 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Brain Games with Regina	<b>5</b>	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose	<b>6</b>	8:30 Coffee & Friends 9:30 Arts & Craft Hour with Pat 10:30 Morning Trivia 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	<b>7</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo <b>2:00 Zumba Gold w/ Foresight Fit.</b> <b>3:00 Mother's Day Tea Party</b> 3:30 Word Games 4:00 Late Day Mind Exercise	<b>8</b>
8:30 Coffee & Friends 10:00 Arts & Craft Hour with Pat 11:00 Morning walk 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	<b>11</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Stretch & Morning Walk 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo <b>2:00 The Joy Jam w/ Foresight</b> 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games	<b>12</b>	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo <b>2:00 Live Music w/ Tom Applegate</b> 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games	<b>13</b>	8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	<b>14</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Sing-Along 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	<b>15</b>
8:30 Coffee & Friends 10:00 Let's Be Creative 11:00 Morning walk 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo <b>2:00 Movement Matters w/ Foresight</b> 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Rose	<b>18</b>	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Stretch & Rhythm Activities 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	<b>19</b>	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose	<b>20</b>	8:30 Coffee & Friends 9:30 Arts & Craft Hour with Pat <b>10:30 Pampering Nail Morning</b> 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	<b>21</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 11:45 The word of the Day 12:10 Wise Moves Exercise <b>12:30 Memorial Day Luncheon</b> 1:00 Classic Bingo <b>2:00 Zumba Gold w/ Foresight Fit.</b> 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	<b>22</b>
<b>25</b>  <b>CENTER CLOSED</b>  <b>For Memorial Day</b>	<b>25</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Stretch & Morning Walk 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo <b>2:00 Live Music with Lisa Noe</b> 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Brain Games with Jenny	<b>26</b>	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Stretch & Sing-Along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games	<b>27</b>	8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo <b>2:00 Drum Circle w/ Nisha</b> 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	<b>28</b>	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Sing-Along 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	<b>29</b>

Calendar is subject to change to match our members' interests. Participation in activities is always voluntary, but greatly encouraged