



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="text-align: center;">April 2026</h1> <h2 style="text-align: center;">Sea Breeze Adult Day Center</h2>		<p>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 Did you know that? 4:00 Late Day Mind Games</p>	<p>1 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 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>2 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</p>
<p>8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Sing-Along 11:15 The word of the Day 11:30 Zumba Gold w/ Foresight Fit. 12:30 Easter/Spring Luncheon 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>6 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Sing-along 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 Did you know that? 4:00 Brain Games with Regina</p>	<p>7 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 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose</p>	<p>8 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina</p>	<p>9 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 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</p>
<p>8:30 Coffee & Friends 10:00 Arts & Craft Hour 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</p>	<p>13 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Pampering Nail Morning 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</p>	<p>14 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Rhythm Activities 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</p>	<p>15 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 Time Travel to the Roaring 1920s 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina</p>	<p>16 8:30 Coffee & Friends 10:00 Brain Challenge 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 An Hour w/ the Florida Orchestra 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser</p>
<p>8:30 Coffee & Friends 10:30 Maintain the Brain 11:00 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>	<p>20 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 1950s Party 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Live 1950s Music w/ Mike 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</p>	<p>21 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</p>	<p>22 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 11:45 Volunteer Recognition 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 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>23 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 The Joy Jam w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</p>
<p>8:30 Coffee & Friends 10:00 Arts & Craft Hour 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 Movement Matters w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>	<p>27 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 2:00 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games</p>	<p>28 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Brain Challenge 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Live Music with Patrick Ward 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games</p>	<p>29 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 2:00 Drum Circle w/ Jenny 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>30  <h1 style="text-align: center;">Sea Breeze Adult Day Center</h1></p>

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