

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Stretch & Rhythm Activities 11:30 Zumba Gold w/ Foresight Fit. 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	8:30 Coffee & Friends 9:30 Morning Brain Challenge 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	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 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose	8:30 Coffee & Friends 9:30 Arts & Craft Hour with Pat 11:00 Stretch & Morning Walk 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	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 Afternoon Brain Teaser
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 Ballroom Dance w/ Sandy & Daryl 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	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 The Joy Jam w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	8:30 Coffee & Friends 9:30 Morning 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 Robert	8:30 Coffee & Friends 9:30 Pampering Nail Morning 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	8:30 Coffee & Friends 9:30 Morning Brain Challenge 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 Brain Games with Robert
8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Stretch & Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 11:30 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	8:30 Coffee & Friends 9:30 Morning 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	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 Challenge	8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Stretch & 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	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 Time Travel to the 1960s 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise
8:30 Coffee & Friends 10:00 Let's Be Creative w/ 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 Movement Matters w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Rose	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	8:30 Coffee & Friends 9:30 Carnival Day (all day) 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 Carnival Games 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Challenge	8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Stretch & 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	8:30 Coffee & Friends 9:30 1970s Disco Boogie Party 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Drum Circle w/ Nesha 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert
8:30 Coffee & Friends 9:30 Bring the Artist out in You 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 Afternoon Brain Teaser	August 2026 Sea Breeze Adult Day Center 			

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