

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026

Sea Breeze Adult Day Center

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 The Joy Jam w/ Foresight 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser	2	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 Game Time 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Brain Games with Regina	3	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 Did you know that? 4:00 Late Day Mind Games	4	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	5	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 Sea Breeze Super Bowl Event 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	6
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 Interactive Music w/ Rosana 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	9	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 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	10	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	11	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	12	8:30 Coffee & Friends 10:30 Maintain the Brain 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 Valentine's Day Tea Party 3:30 Word Games 4:00 Afternoon Brain Teaser	13
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 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	16	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 Chinese New Year Event 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games	17	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 Did you know that? 4:00 Late Day Mind Games	18	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 Call & Echo w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	19	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	20
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	23	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Brain Challenge 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 End of Day Brain Challenge	24	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/ Mike Kauffman 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose	25	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	26	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 Drum Circle w/ Regina 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser	27

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