

Monday		Tuesday		Wednesday		Thursday		Friday	
<div><h1>Jan 2026</h1><h2>Sea Breeze Adult Day Center</h2></div>						<div><b>CENTER</b> <b>CLOSED</b> <i>Happy New Year!</i></div>		<div><b>1</b> 8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Stretch &amp; Sing-Along 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 &amp; Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</div>	<div><b>2</b></div>
<div>8:30 Coffee &amp; Friends 10:00 Bring the Artist out in You 11:00 Sing-Along 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack &amp; Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser</div>	<div><b>5</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Stretch &amp; Sing-along 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo <b>2:00 Learn about Three Kings Day</b> 3:00 Snack &amp; Daily Chronicles 3:30 Did you know that? 4:00 Brain Games with Regina</div>	<div><b>6</b></div>	<div>8:30 Coffee &amp; 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 &amp; Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games</div>	<div><b>7</b></div>	<div>8:30 Coffee &amp; 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 <b>3:00 Zumba Gold w/ Foresight Fit.</b> 3:30 Trivia Time 4:00 End of Day Brain Challenge</div>	<div><b>8</b></div>	<div>8:30 Coffee &amp; Friends 10:30 Maintain the Brain 10:30 Stretch &amp; 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 &amp; Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</div>	<div><b>9</b></div>
<div>8:30 Coffee &amp; Friends 10:00 Arts &amp; 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 Game Time 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</div>	<div><b>12</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Brain Challenge 10:30 Stretch &amp; Rhythm Activities 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo <b>2:00 Live Music with Lisa Noe</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</div>	<div><b>13</b></div>	<div>8:30 Coffee &amp; 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 &amp; Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose</div>	<div><b>14</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Bring the Artist out in You 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo <b>2:00 The Joy Jam w/ Foresight Fit.</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina</div>	<div><b>15</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Stretch &amp; 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 &amp; Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</div>	<div><b>16</b></div>
<div>8:30 Coffee &amp; Friends 10:30 Maintain the Brain 11:00 Sing-along 11:15 The word of the Day <b>11:30 Call &amp; Echo w/ F. Fitness</b> 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</div>	<div><b>19</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 11:00 Stretch &amp; Morning Walk 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack &amp; Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games</div>	<div><b>20</b></div>	<div>8:30 Coffee &amp; 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 Game Time 3:00 Snack &amp; Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games</div>	<div><b>21</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Bring the Artist out in You 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina</div>	<div><b>22</b></div>	<div>8:30 Coffee &amp; Friends 10:00 Brain Challenge 10:30 Stretch &amp; Sing-Along 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/ Becky</b> 3:00 Snack &amp; Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser</div>	<div><b>23</b></div>
<div>8:30 Coffee &amp; Friends 10:00 Arts &amp; 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 <b>2:00 Movement Matters w/ Foresight</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</div>	<div><b>26</b></div>	<div>8:30 Coffee &amp; 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 <b>2:00 Live Music w/ Mike Kauffman</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</div>	<div><b>27</b></div>	<div>8:30 Coffee &amp; 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 &amp; Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose</div>	<div><b>28</b></div>	<div>8:30 Coffee &amp; 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 &amp; Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge</div>	<div><b>29</b></div>	<div>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Stretch &amp; Rhythm Activities 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo <b>2:00 Gasparilla Pirate Party</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</div>	<div><b>30</b></div>

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