

Monday		Tuesday		Wednesday		Thursday		Friday						
<div><h1>May 2025</h1><h2>Sea Breeze Adult Day Center</h2></div>														
8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Morning walk 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Cinco de Mayo Musical Event 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 End of Day Brain Challenge		5	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 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 Becky		6	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 Game time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert		7	8:30 Coffee & Friends 10:00 Arts & Craft Hour 11:00 Morning Walk 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser		1	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Sit & Be Fit 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		2
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<div>CENTER CLOSED FOR MEMORIAL DAY</div>		26	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 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 Trivia Time 4:00 Late Day Mind Exercise		27	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 Robert		28	8:30 Coffee & Friends 10:00 Arts & Craft Hour 11:00 Morning Walk 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep moving 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Afternoon Brain Teaser		29	8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Sit & Be Fit 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		30

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