November 2026

Sea Breeze Adult Day Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Coffee & Friends 9:30 Bring the Artist out in You 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 Zumba Gold w/ Foresight Fit.** 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games	**3** 8:30 Coffee & Friends 9:30 Morning Brain Challenge 10:30 Stretch & Rhythm Activity 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 Word Games 4:00 End of Day Brain Challenge	**4** 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 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	**5** 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	**6** 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 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 Brain Games with Robert
9 8:30 Coffee & Friends 9:30 Let's Be Creative 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 Word Games 4:00 Afternoon Brain Teaser	**10** 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 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 3:30 Word Games 4:00 Brain Games with Robert	**11** 8:30 Coffee & Friends 9:30 Brain Challenge 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 Veteran's Day Celebration** 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Challenge	**12** 8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Stretch & Rhythm Activity 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo **2:00 The Joy Jam w/ Foresight Fit.** 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	**13** 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo **2:00 Live Music with Patrick Ward** 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise
16 8:30 Coffee & Friends 9:30 Arts & Craft Hour with Pat 11:00 Stretch & Table Orchestra 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	**17** 8:30 Coffee & Friends 9:30 Morning Brain Challenge 10:30 Stretch & Rhythm Activity 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	**18** 8:30 Coffee & Friends **9:30 Pampering Nail Morning** 10:30 Stretch & Table Orchestra 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 Robert	**19** 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	**20** 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Stretch & Rhythm Activity 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo **2:00 Drum Circle w/** 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert
23 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 **2:00 Movement Matters w/ Foresight** 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	**24** 8:30 Coffee & Friends 10:00 Morning Brain Challenge 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 Rose	**25** 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Stretch & Rhythm Activity 11:45 The word of the Day 12:10 Chair Fitness **12:30 Thanksgiving Luncheon** 1:00 Classic Bingo **2:00 Hot Turkey Game** 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Challenge	**26** **CENTER CLOSED** *Happy Thanksgiving*	**27** **CENTER CLOSED** *Happy Shopping*
30 8:30 Coffee & Friends 9:30 Let's Be Creative 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 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser				

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