

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

Sea Breeze Adult Day Center

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	5	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	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 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert	7	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 Aldo's 100th Birthday 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	8	8:30 Coffee & Friends 9:30 Oktoberfest (all day) 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 Armchair Travel to Germany 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	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 Indigenous People Day 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	12	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	13	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Challenge	14	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 Ballroom Dance Performance 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	15	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 Let's Get Moving 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	19	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	20	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 Late Day Mind Challenge	21	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	22	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	26	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 Live Music with Lisa Noe 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Rose	27	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Challenge	28	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	29	8:30 Coffee & Friends 9:30 Halloween Party (all day) 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 Halloween Games 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	30

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