

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CENTER CLOSED</p> <p>Happy Labor Day</p>	<p>1 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</p>	<p>2 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</p>	<p>3 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</p>	<p>4 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 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 & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>
<p>8 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 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>9 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Table Orchestra 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</p>	<p>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 Interactive Music with Rosana 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games</p>	<p>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</p>	<p>12 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Morning Stretch & Walk 11:15 The word of the Day 11:30 Call & Echo w/ F. Fitness 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</p>
<p>15 8:30 Coffee & 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 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>16 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Brain Games with Becky</p>	<p>17 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Table Orchestra 11:45 The word of the Day 12:10 Wise Moves Exercise 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 End of Day Brain Challenge</p>	<p>18 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 Learn to Dance with Julieta 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>19 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 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 Word Games 4:00 Brain Games with Robert</p>
<p>22 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 The Joy Jam w/ F. Fitness 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>	<p>23 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 Drum Circle with Julieta 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</p>	<p>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 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert</p>	<p>25 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 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 Regina</p>	<p>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 Live Music with Lisa Noe 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise</p>
<p>29 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 Movement Matters w/ Foresight 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>30 8:30 Coffee & Friends 10:30 Pampering Nail Morning 10:30 Table Orchestra 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge</p>	 <p>September 2025 Sea Breeze Adult Day Center</p>		

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