

| Monday                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Sea Breeze<br/>Adult Day<br/>Center</b> | <b>1</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Table Orchestra<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Live Music with Lisa Noe</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Late Day Mind Exercise | <b>2</b><br>8:30 Coffee & Friends<br>9:30 Brain Challenge<br>10:30 Stretch & Sing-along<br>11:45 The word of the Day<br>12:10 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Carnival Event (all day)</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Rose                         | <b>3</b><br>8:30 Coffee & Friends<br>9:30 Arts & Craft Hour with Pat<br>11:00 Stretch & Morning Walk<br>11:45 The word of the Day<br>12:10 Sit & Be Fit<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 End of Day Brain Challenge                     | <b>4</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Sing-Along<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br><b>12:30 Labor Day Luncheon</b><br>1:00 Classic Bingo<br><b>2:00 Labor Day Activities</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Afternoon Brain Teaser    |
|                                                                                                                             | <b>7</b><br><b>CENTER<br/>CLOSED<br/>For Labor Day</b>                                                                                                                                                                                                                                                                    | <b>8</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Sing-along<br>11:45 The word of the Day<br>12:10 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Live Music w/ Tom Applegate</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Robert                 | <b>9</b><br>8:30 Coffee & Friends<br>9:30 Bring the Artist out in You<br>10:30 Stretch & Rhythm Activities<br>11:45 The word of the Day<br>12:10 Sit & Be Fit<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Regina                   | <b>10</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Table Orchestra<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert                                   |
|                                                                                                                             | <b>14</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>11:00 Morning walk<br>11:15 The word of the Day<br><b>11:30 The Joy Jam w/ Foresight</b><br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert                      | <b>15</b><br>8:30 Coffee & Friends<br>9:30 Brain Challenge<br>10:30 Stretch & Rhythm Activities<br>11:45 The word of the Day<br>12:10 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 End of Day Brain Challenge                                   | <b>16</b><br>8:30 Coffee & Friends<br><b>9:30 Pampering Nail Morning</b><br>10:30 Stretch & Sing-Along<br>11:45 The word of the Day<br>12:10 Sit & Be Fit<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Let's Get Moving<br>3:00 Snack & Daily Chronicles<br>3:30 Did you know that?<br>4:00 Late Day Mind Challenge        | <b>17</b><br>8:30 Coffee & Friends<br>9:30 Let's Be Creative<br>10:30 Stretch & Morning Trivia<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 End of Day Brain Challenge                                 |
|                                                                                                                             | <b>21</b><br>8:30 Coffee & Friends<br>9:30 Bring the Artist out in You<br>10:30 Stretch & Sing-along<br>11:45 The word of the Day<br>12:10 Sit & Be Fit<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Afternoon Brain Teaser                         | <b>22</b><br>8:30 Coffee & Friends<br>9:30 Bring the Artist out in You<br>10:30 Stretch & Rhythm Activities<br>11:45 The word of the Day<br>12:10 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Zumba Gold w/ Foresight Fit.</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Afternoon Brain Teaser | <b>23</b><br>8:30 Coffee & Friends<br>9:30 Brain Challenge<br>10:30 Stretch & Sing-Along<br>11:45 The word of the Day<br>12:10 Golden Glory Workout<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Let's Get Moving<br>3:00 Snack & Daily Chronicles<br>3:30 Did you know that?<br>4:00 Late Day Mind Challenge              | <b>24</b><br>8:30 Coffee & Friends<br>9:30 Let's Be Creative<br>10:30 Stretch & Morning Trivia<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Fall Prevention Day &amp; Activity</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 End of Day Brain Challenge |
|                                                                                                                             | <b>28</b><br>8:30 Coffee & Friends<br>10:00 Let's Be Creative<br>11:00 Morning walk<br>11:45 The word of the Day<br>12:10 Golden Glory Workout<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Movement Matters w/ Foresight</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Rose        | <b>29</b><br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Table Orchestra<br>11:45 The word of the Day<br>12:10 Wise Moves Exercise<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Late Day Mind Exercise                                | <b>30</b><br>8:30 Coffee & Friends<br><b>9:30 1970s Disco Party (all day)</b><br>10:30 Sing-along<br>11:45 The word of the Day<br>12:10 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br><b>2:00 Live Music w/ Mike Kauffman</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Robert |                                                                                                                                                                                                                                                    |

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