

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning walk 11:45 The word of the Day 12:10 Chair Fitness 12:30 Easter/Spring Luncheon 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>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 Zumba w/ Foresight Fitness 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning Trivia 11:45 The word of the Day 12:10 Chair 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 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Let's Be Creative 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 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 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 with Lisa Noe 3:00 Snack & Daily Chronicles 3:15 Word Games 4:00 End of Day Brain Challenge</p>
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning walk 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 3:15 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>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 Zumba w/ Foresight Fitness 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Laughter Yoga w/ Maria Pepe 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Let's Be Creative 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 Drumming with Lily 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning walk 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 3:15 Armchair Travel to the Amazons 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Live music w/ Bill Montgomery 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning Walk 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Birds of Prey by the Narrows 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning walk 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 Did you know that? 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	 <p>April 2024 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.