

| Monday  |  | Tuesday |  | Wednesday |    | Thursday  |  | Friday |  |   |    |  |  |    |
|---|--|---------|--|-----------|----|---|--|--------|--|---|----|--|--|----|
| <div>August 2025</div> <div>Sea Breeze Adult Day Center</div>   |  |         |  |           |    |   |  |        |  | 1 |    |  |  |    |
| 8:30 Coffee & Friends<br>10:00 Bring the Artist out in You<br>11:00 Morning walk<br>11:45 The word of the Day<br>12:10 Glory Days Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Let's Keep moving<br>3:00 Snack & Daily Chronicles<br>3:15 Trivia Time<br>4:00 End of Day Brain Challenge                |  | 4       | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 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 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Did you know that?<br>4:00 Brain Games with Becky                      |           | 5  | 8:30 Coffee & Friends<br>9:30 Brain Challenge<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/ Tom Applegate</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Robert                              |  | 6      | 8:30 Coffee & Friends<br>10:00 Arts & Craft Hour<br>11:00 Morning Walk<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 Let's Keep moving<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Afternoon Brain Teaser                  |   | 7  | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Rhythm Activities<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 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Late Day Mind Exercise   |  | 8  |
| 8:30 Coffee & Friends<br>10:00 Bring the Artist out in You<br>11:00 Sing-Along<br>11:45 The word of the Day<br>12:10 Glory Days 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>3:15 Trivia Time<br>4:00 Afternoon Brain Teaser    |  | 11      | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br><b>10:30 Luau Party</b><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 Word Games<br>4:00 End of Day Brain Challenge |           | 12 | 8:30 Coffee & Friends<br>9:30 Brain Challenge<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>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Did you know that?<br>4:00 Late Day Mind Games  |  | 13     | 8:30 Coffee & Friends<br>9:30 Bring the Artist out in You<br>10:30 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><b>2:00 Drum Circle w/ Becky</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Regina |   | 14 | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>11:00 Morning Stretch & Walk<br>11:15 The word of the Day<br><b>11:30 Call &amp; Echo w/ F. Fitness</b><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 Word Games<br>4:00 Brain Games with Robert  |  | 15 |
| 8:30 Coffee & Friends<br>10:00 Arts & Craft Hour<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>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert                                    |  | 18      | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 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 Let's Keep moving<br>3:00 Snack & Daily Chronicles<br>3:15 Trivia Time<br>4:00 Brain Games with Becky                           |           | 19 | 8:30 Coffee & Friends<br><b>10:30 Pampering Nail Morning</b><br>11:00 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 w/ Tom Applegate</b><br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 End of Day Brain Challenge |  | 20     | 8:30 Coffee & Friends<br>9:30 Let's Be Creative<br>10:30 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                     |   | 21 | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Rhythm Activities<br>11:15 The word of the Day<br><b>11:30 The Joy Jam w/ F. Fitness</b><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 Word Games<br>4:00 Late Day Mind Exercise  |  | 22 |
| 8:30 Coffee & Friends<br>10:00 Bring the Artist out in You<br>11:00 Morning walk<br>11:45 The word of the Day<br>12:10 Glory Days Fitness<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>3:15 Trivia Time<br>4:00 Afternoon Brain Teaser |  | 25      | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Table Orchestra<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 Time Travel to the late 1800s</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 End of Day Brain Challenge |           | 26 | 8:30 Coffee & Friends<br><b>10:30 Pampering Nail Morning</b><br>11:00 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>2:00 Let's Keep Moving<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Robert                                |  | 27     | 8:30 Coffee & Friends<br>9:30 Let's Be Creative<br>10:30 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><b>2:00 Labor Day Activities/Games</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Regina          |   | 28 | 8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Stretch & Rhythm Activities<br>11:45 The word of the Day<br>12:10 Golden Glory Workout<br><b>12:30 Labor Day Pic Nic Luncheon</b><br>1:00 Classic Bingo<br><b>2:00 Patriotic Sing-Along w/ Margarette</b><br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Late Day Mind Exercise |  | 29 |

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