

Monday

Tuesday

Wednesday

Thursday

Friday

# January 2021

## Sea Breeze Adult Day Center

									
<h1>January 2021</h1> <h2>Sea Breeze Adult Day Center</h2>					<p>8:30 Coffee &amp; Friends <b>1</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Ten Pin Lanes                  3:00 Snack &amp; Daily Chronicles                  4:00 Word Games</p>				
<p>8:30 Coffee &amp; Friends <b>4</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Who, What Am I?</p>	<p>8:30 Coffee &amp; Friends <b>5</b>                  9:30 Maintain the Brain                  10:30 Let's be Creative                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Picture Bingo                  1:30 Let's Keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Junk Drawer Detective</p>	<p>8:30 Coffee &amp; Friends <b>6</b>                  9:30 Maintain the Brain                  10:30 Arts &amp; Craft                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Musical Fun                  3:00 Snack &amp; Daily Chronicles                  3:30 Wisdom Wednesday</p>	<p>8:30 Coffee &amp; Friends <b>7</b>                  9:30 Maintain the Brain                  10:30 Learn Something New                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Classic Games</p>	<p>8:30 Coffee &amp; Friends <b>8</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Ten Pin Lanes                  3:00 Snack &amp; Daily Chronicles                  4:00 Word Games</p>	<p>8:30 Coffee &amp; Friends <b>11</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Trivia Time</p>	<p>8:30 Coffee &amp; Friends <b>12</b>                  9:30 Maintain the Brain                  10:30 Let's be Creative                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Picture Bingo                  1:30 Let's Keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Tabletop Games</p>	<p>8:30 Coffee &amp; Friends <b>13</b>                  9:30 Maintain the Brain                  10:30 Arts &amp; Craft                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Wisdom Wednesday</p>	<p>8:30 Coffee &amp; Friends <b>14</b>                  9:30 Maintain the Brain                  10:30 Learn Something New                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Musical Fun                  3:00 Snack &amp; Daily Chronicles                  4:00 Classic Games</p>	<p>8:30 Coffee &amp; Friends <b>15</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Zumba Class                  12:30 Lunch                  1:00 Armchair Travel                  1:30 Ten Pin Lanes                  3:00 Snack &amp; Daily Chronicles                  4:00 Word Games</p>
<p>8:30 Coffee &amp; Friends <b>18</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Who, What Am I?</p>	<p>8:30 Coffee &amp; Friends <b>19</b>                  9:30 Maintain the Brain                  10:30 Let's be Creative                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Picture Bingo                  1:30 Let's Keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Trivia Time</p>	<p>8:30 Coffee &amp; Friends <b>20</b>                  9:30 Maintain the Brain                  10:30 Arts &amp; Craft                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Musical Fun                  3:00 Snack &amp; Daily Chronicles                  3:30 Wisdom Wednesday</p>	<p>8:30 Coffee &amp; Friends <b>21</b>                  9:30 Maintain the Brain                  10:30 Learn Something New                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Classic Games</p>	<p>8:30 Coffee &amp; Friends <b>22</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Ten Pin Lanes                  3:00 Snack &amp; Daily Chronicles                  4:00 Word Games</p>					
<p>8:30 Coffee &amp; Friends <b>25</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Trivia Time</p>	<p>8:30 Coffee &amp; Friends <b>26</b>                  9:30 Maintain the Brain                  10:30 Let's be Creative                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Picture Bingo                  1:30 Let's Keep Moving                  3:00 Snack &amp; Daily Chronicles                  4:00 Tabletop Games</p>	<p>8:30 Coffee &amp; Friends <b>27</b>                  9:30 Maintain the Brain                  10:30 Arts &amp; Craft                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Let's Keep moving                  3:00 Snack &amp; Daily Chronicles                  3:30 Wisdom Wednesday</p>	<p>8:30 Coffee &amp; Friends <b>28</b>                  9:30 Maintain the Brain                  10:30 Learn Something New                  11:30 Daily Exercise                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Musical Fun                  3:00 Snack &amp; Daily Chronicles                  4:00 Classic Games</p>	<p>8:30 Coffee &amp; Friends <b>29</b>                  9:30 Maintain the Brain                  10:30 Classic Games                  11:30 Zumba Class                  12:30 Lunch                  1:00 Classic Bingo                  1:30 Ten Pin Lanes                  3:00 Snack &amp; Daily Chronicles                  4:00 Word Games</p>					

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