# March 2026

## Sea Breeze Adult Day Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>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 Chair Fitness<br>12:30 Lunch<br>1:00 Classic Bingo<br>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:15 Trivia Time<br>4:00 Afternoon Brain Teaser | **3**<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 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 Regina | **4**<br>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 Live Music w/ Tom Applegate**<br>3:00 Snack & Daily Chronicles<br>3:30 Did you know that?<br>4:00 Late Day Mind Games | **5**<br>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 | **6**<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>12:30 Lunch<br>1:00 Classic Bingo<br>**2:00 Karaoke with Senior Stars**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Late Day Mind Exercise |
| **9**<br>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 The Joy Jam w/ Foresight Fit.**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert | **10**<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 | **11**<br>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 Meet Live Birds of Prey**<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Rose | **12**<br>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>2:00 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Regina | **13**<br>8:30 Coffee & Friends<br>10:30 Maintain the Brain<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 Zumba Gold w/ Foresight Fit.**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Afternoon Brain Teaser |
| **16**<br>8:30 Coffee & Friends<br>10:30 Maintain the Brain<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 Game Time<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Afternoon Brain Teaser | **17**<br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>11:00 Stretch & Morning Walk<br>11:45 The word of the Day<br>12:10 Sit & Be Fit<br>**12:30 St. Patrick's Day Luncheon**<br>1:00 Classic Bingo<br>**2:00 Let's Catch a Leprechaun**<br>3:00 Snack & Daily Chronicles<br>3:15 Trivia Time<br>4:00 Late Day Mind Games | **18**<br>8:30 Coffee & Friends<br>9:30 Brain Challenge<br>**10:30 Pampering Nail Morning**<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 | **19**<br>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>**2:00 Live Irish Music with Patrick**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Regina | **20**<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 |
| **23**<br>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 Zumba Gold w/ Foresight Fit.**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert | **24**<br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<br>10:30 Brain Challenge<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 Get Moving<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 End of Day Brain Challenge | **25**<br>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 Let's Get Moving<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Brain Games with Rose | **26**<br>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 Drum Circle w/ Lily**<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 End of Day Brain Challenge | **27**<br>8:30 Coffee & Friends<br>10:00 Brain Challenge<br>10:30 Stretch & Sing-Along<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 Time Travel to the 1920s**<br>3:00 Snack & Daily Chronicles<br>3:30 Trivia Time<br>4:00 Afternoon Brain Teaser |
| **30**<br>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 Movement Matters w/ Foresight.**<br>3:00 Snack & Daily Chronicles<br>3:30 Word Games<br>4:00 Brain Games with Robert | **31**<br>8:30 Coffee & Friends<br>9:30 Maintain the Brain<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 Live Music with Lisa Noe**<br>3:00 Snack & Daily Chronicles<br>3:15 Trivia Time<br>4:00 Late Day Mind Games | | | |

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