

Monday

Tuesday

Wednesday

Thursday

Friday



October 2021

Sea Breeze Adult Day Center

<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Daily Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Brainteasers with Carol</p>	4	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Word Games</p>	5	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Ten Pin Lane 3:00 Snack & Daily Chronicles 3:45 Wisdom Wednesday</p>	6	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Fit & Strong 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Word Games</p>	7	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Oktoberfest Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Father's Day Trivia</p>	8
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Learn Something New</p>	11	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Trivia Time</p>	12	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Live Music with Bill 3:00 Snack & Daily Chronicles 3:45 Wisdom Wednesday</p>	13	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Fit & Strong 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Did you know that</p>	14	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Fit & Strong 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Learn Something New</p>	15
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Laughter for Health 3:00 Snack & Daily Chronicles 3:45 Did you know that ...</p>	18	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Musical Fun 3:00 Snack & Daily Chronicles 3:45 Learn Something New</p>	19	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Ten Pin Lane 3:00 Snack & Daily Chronicles 3:45 Wisdom Wednesday</p>	20	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Fit & Strong 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Trivia Time</p>	21	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Trivia Time</p>	22
<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Word Games</p>	25	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Word Games</p>	26	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:40 Lunch 1:00 Classic Bingo 2:00 Live Music with Lisa 3:00 Snack & Daily Chronicles 3:45 Wisdom Wednesday</p>	27	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Fit & Strong 12:40 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:45 Word Games</p>	28	<p>8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 12:00 Chair Fitness 12:40 Lunch 1:00 Classic Bingo 2:00 Ghostly Games 3:00 Halloween Tea Party 3:45 Father's Day Trivia</p>	29

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