

Monday

Tuesday

Wednesday

Thursday

Friday

April 2021

Sea Breeze Adult Day Center

8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Tabletop Activities 12:00 Zumba Time 12:30 Easter Luncheon 1:00 Classic Bingo 2:00 Easter Bowling 3:00 Snack & Daily Chronicles 3:45 Did you know that	5	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	6	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 Wisdom Wednesday	7	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	8	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 Musical Fun 3:00 Snack & Daily Chronicles 3:45 Trivia Time	9
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Our calendar is subject to change to match our members' interests. Participation in activities is always voluntary, but greatly encouraged