

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Word Games	1 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games	2 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's get Pampered 12:00 Lunch 1:00 Bingo 1:30 Fitness with Eric Allen 3:00 Snack 3:30 Trivia Time	3 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Classic Games	4 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Ten Pin Lanes 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	8 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games	9 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Music w/ Lisa Noe 3:00 Snack 3:30 Word Games	10 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Classic Games	11 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Tapsations Spring Event 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Word Games	15 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games	16 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Trivia Time	17 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Classic Games	18 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Ten Pin Lanes 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Easter Luncheon 3:00 Snack 3:30 Trivia Time	22 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games	23 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Word Games	24 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Classic Games	25 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Ten Pin Lanes 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Word Games	29 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games	30	 <p>April 2019 Sea Breeze Adult Day Center</p>	

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