

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	1 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Sing-a-long hour	2 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11 Group Activity 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 Daily Exercise 12:00 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 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 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 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Sing-a-long hour	9 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Trivia Time	10 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11 Daily Exercise 12:00 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 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	15 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Sing-a-long hour	16 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11 Daily Exercise 12:00 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 Daily Exercise 12:00 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 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	22 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Sing-a-long hour	23 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Singing with Larry Lewis 3:00 Snack 3:30 Trivia Time	24 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Learn Something New 11 Daily Exercise 12:00 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 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Cinema Time
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	29 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Let's be Creative 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Sing-a-long hour	30 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Let's Keep Moving 2:30 Halloween Tea Party 3:30 Trivia Time	31	

OCTOBER 2018
Sea Breeze Adult Day Center

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