

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 Trivia Time	3 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 Sing-along hour	4 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	5 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	6 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 Holiday 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 Sing-along hour	10 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 Trivia Time	11 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 with Lisa Noe 3:00 Snack 3:30 Trivia Time	12 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	13 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 Holiday 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	17 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 Sing-along hour	18 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Group Activity 12:15 Lunch 12:30 Bingo 1:00 Fitness with Eric Allen 3:00 Snack 3:30 Trivia Time	19 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	20 8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 Holiday Lunch 1:00 Bingo 1:30 Tapsations Show 3:00 Snack 3:30 Holiday 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 Sing-along hour	24 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 Sing-along hour	25 MARRY CHRISTMAS CENTER CLOSED	26 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	27 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
8:30 Coffee & News 9:30 Maintain the Brain 10:30 Classic Games 11:30 Daily Exercise 12:15 New Year's Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Trivia Time	31	 <h1>December 2018</h1> <h2>Sea Breeze Adult Day Center</h2>		

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