

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="color: orange;">November 2019</h1> <h2 style="color: red;">Sea Breeze Adult Day Center</h2>				
8:30 Coffee & Friends 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	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Zumba Class 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games.	8:30 Coffee & Friends 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	8:30 Coffee & Friends 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 & Friends 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 & Friends 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	8:30 Coffee & Friends 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.	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Music w/ Bill Montgomery 3:00 Snack 3:30 Trivia Time	8:30 Coffee & Friends 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 & Friends 9:30 Maintain the Brain 10:30 Classic Games 11:30 Zumba Class 12:15 Lunch 1:00 Bingo 1:30 Birds of Prey Program 3:00 Snack 3:30 Cinema Time
8:30 Coffee & Friends 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	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 11:30 Zumba Class 12:15 Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Tabletop Games.	8:30 Coffee & Friends 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	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Learn Something New 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 1:30 Music w/ Lisa Noe 3:00 Snack 3:30 Classic Games	8:30 Coffee & Friends 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 & Friends 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	8:30 Coffee & Friends 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.	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Arts & Craft 11:30 Daily Exercise 12:15 Lunch 1:00 Bingo 12:15 Thanksgiving Lunch 1:00 Bingo 1:30 Let's Keep Moving 3:00 Snack 3:30 Trivia Time	Center Closed Happy Thanksgiving!	
Center Closed				

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