

Monday

Tuesday

Wednesday

Thursday

Friday

NOVEMBER 2018

Sea Breeze Adult Day Center

			<p>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</p>	<p>1 8:30 Coffee & News 2 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</p>
<p>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 Sing-a-long hour</p>	<p>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 Trivia Time</p>	<p>6 8:30 Coffee & News 7 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</p>	<p>8 8:30 Coffee & News 9 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</p>	<p>8 8:30 Coffee & News 9 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</p>
<p>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</p>	<p>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</p>	<p>13 8:30 Coffee & News 14 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</p>	<p>15 8:30 Coffee & News 16 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</p>	<p>15 8:30 Coffee & News 16 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Thanksgiving Lunch 1:00 Bingo 1:30 Let's keep moving 3:00 Snack 3:30 Cinema Time</p>
<p>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</p>	<p>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</p>	<p>20 8:30 Coffee & News 21 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</p>	<p>22 HAPPY THANKSGIVING CENTER CLOSED</p>	<p>23 HAPPY SHOPPING CENTER CLOSED</p>
<p>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</p>	<p>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</p>	<p>27 8:30 Coffee & News 28 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</p>	<p>29 8:30 Coffee & News 30 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</p>	<p>29 8:30 Coffee & News 30 9:30 Maintain the Brain 10:30 Classic Games 11 Daily Exercise 12:00 Lunch 1:00 Bingo 1:30 Music w/ Larry Lewis 3:00 Snack 3:30 Cinema Time</p>

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