

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

Sea Breeze Adult Day Center

						<p>8:30 Coffee & News 1</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Cinema Time</p>
<p>8:30 Coffee & News 4</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Sing-along Hour</p>	<p>8:30 Coffee & News 5</p> <p>9:30 Maintain the Brain</p> <p>10:30 Let's be Creative</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Tabletop Games</p>	<p>8:30 Coffee & News 6</p> <p>9:30 Maintain the Brain</p> <p>10:30 Arts & Craft</p> <p>11:30 Group Activity</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Fitness with Eric Allen</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 7</p> <p>9:30 Maintain the Brain</p> <p>10:30 Learn Something New</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's Keep Moving</p> <p>3:00 Snack</p> <p>3:30 Classic Games</p>	<p>8:30 Coffee & News 8</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Cinema Time</p>		
<p>8:30 Coffee & News 11</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 12</p> <p>9:30 Maintain the Brain</p> <p>10:30 Let's be Creative</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Tabletop Games</p>	<p>8:30 Coffee & News 13</p> <p>9:30 Maintain the Brain</p> <p>10:30 Arts & Craft</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Music w/ Larry Lewis</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 14</p> <p>9:30 Maintain the Brain</p> <p>10:30 Learn Something New</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's Keep Moving</p> <p>3:00 Snack</p> <p>3:30 Classic Games</p>	<p>8:30 Coffee & News 15</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 St. Patrick's Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Cinema Time</p>		
<p>8:30 Coffee & News 18</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Sing-along Hour</p>	<p>8:30 Coffee & News 19</p> <p>9:30 Maintain the Brain</p> <p>10:30 Let's be Creative</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Tabletop Games</p>	<p>8:30 Coffee & News 20</p> <p>9:30 Maintain the Brain</p> <p>10:30 Arts & Craft</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Drumming Circle</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 21</p> <p>9:30 Maintain the Brain</p> <p>10:30 Learn Something New</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's Keep Moving</p> <p>3:00 Snack</p> <p>3:30 Classic Games</p>	<p>8:30 Coffee & News 22</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Cinema Time</p>		
<p>8:30 Coffee & News 25</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 26</p> <p>9:30 Maintain the Brain</p> <p>10:30 Let's be Creative</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Tabletop Games</p>	<p>8:30 Coffee & News 27</p> <p>9:30 Maintain the Brain</p> <p>10:30 Arts & Craft</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's Keep Moving</p> <p>3:00 Snack</p> <p>3:30 Trivia Time</p>	<p>8:30 Coffee & News 28</p> <p>9:30 Maintain the Brain</p> <p>10:30 Learn Something New</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's Keep Moving</p> <p>3:00 Snack</p> <p>3:30 Classic Games</p>	<p>8:30 Coffee & News 29</p> <p>9:30 Maintain the Brain</p> <p>10:30 Classic Games</p> <p>11:30 Daily Exercise</p> <p>12:15 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Let's keep moving</p> <p>3:00 Snack</p> <p>3:30 Cinema Time</p>		

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