

Daybreak Adult Day Center
Activity & Menu Calendar



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

10920 East SR 70, Bradenton, FL 34202
(941) 748-3001 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
3 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: Larry the Crooner Meal: BBQ Seasoned Pork	4 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Thai Ginger Curry Chicken	5 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Salisbury Steak	6 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Lemon Chicken w/Rice	7 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Asian Meatballs & Dumplings
10 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	11 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Mac & Cheese w/Chicken	12 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: French Onion-Breaded Pork Chop	13 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Butter Chicken & Lentil Stew	14 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Visit w/Nate's Puppies Nutrition Education: A Trip to the Mediterranean Music: w/Cheryl Meal: Italian Cheese Lasagna
17 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Raspberry BBQ Grilled Chicken	18 Announcements/Trivia Chair Exercise Visit w/Nate's Puppies Morning Bingo Music: Shanty Shakers Meal: Beef Goulash	19 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Homestyle Turkey & Stuffing	20 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Cheese Pizza	21 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot Traveling Chair: The Mediterranean Meal: Swiss Steak
24 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Chicken Parmesan	25 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie	26 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Shrimp Stir-Fry	27 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Chicken a La Bleu	28 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Turkey Divan
31 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: BBQ Seasoned Pork				



Take a Trip to the Mediterranean

The history of the **Mediterranean Diet** goes back to the ancient times of Greek warriors and Roman Gladiators. It became popular in modern times during a study of the health of the Mediterranean population in 1975 and in 1995 the Mediterranean Diet Pyramid was introduced.

The **Mediterranean Diet** is a diet that emphasizes plant-based foods, healthy fats, moderate dairy and fish, and limits foods like red meats, processed foods, and high sugar content food items. It has been studied for over three decades and has proven health benefits like reduced risk of chronic diseases like Type 2 Diabetes and heart disease.

If you want to try the Mediterranean Diet, here are ways to start:

- Eat fruits and vegetables, such as dark green veggies, tomatoes, squash and antioxidant-rich fruits like berries
- Switch your grain items to whole grain (brown rice, whole grain bread)
- Focus on healthy fats like olive oil or avocado oil
- Choose lean proteins like fish, or plant-based protein like beans and nuts
- Consume moderate amounts of dairy
- Reduce red meat and sweets consumption, and add more fish such as salmon or tuna



Word Search BEACH VIBES

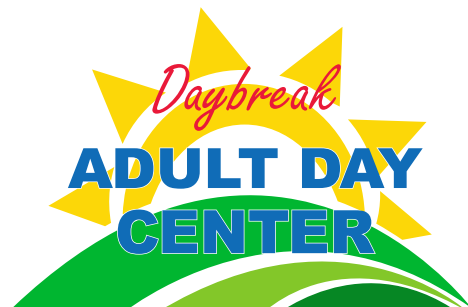
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SALT WATER
BEACHBALL
SUNSCREEN
FISHING
SNORKEL

SURFBOARD
BOARDWALK
HOLIDAY
SUNBURN
HERMIT CRAB
POPSICLE
WEEKEND

SANDCASTLE
JELLYFISH
SEASHELL
LIFEGUARD
SANDALS
STARFISH
PALM TREE

SEAGULL
SEASHORE
ISLAND
PELICAN
SNACKS



REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at **941-748-3001** to let us know.