

Daybreak Adult Day Center Activity & Menu Calendar

July 2026



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
		1 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games Meal: Shrimp Stir-Fry	2 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Chicken a La Bleu	3 OFFICES CLOSED
6 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: Larry the Crooner Meal: BBQ Seasoned Pork	7 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Thai Ginger Curry Chicken	8 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Salisbury Steak	9 Announcements/Trivia Chair Exercise Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Lemon Chicken w/Rice	10 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Visit w/Nate's Puppies Nutrition Education: Red, White, & Blue Antioxidants for You Music: w/Cheryl Meal: Asian Meatballs & Dumplings
13 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	14 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Mac & Cheese w/ Chicken	15 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: French Onion-Breaded Pork Chop	16 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Butter Chicken & Lentil Stew	17 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot! Traveling Chair: New Zealand Meal: Italian Cheese Lasagna
20 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Raspberry BBQ Grilled Chicken	21 Announcements/Trivia Chair Exercise Visit w/Nate's Puppies Morning Bingo Drawing, Coloring, Puzzles Jewelry Class Music: Shanty Shakers Meal: Beef Goulash	22 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Homestyle Turkey & Stuffing	23 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Cheese Pizza	24 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Meal: Swiss Steak
27 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Chicken Parmesan	28 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie	29 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Meal: Shrimp Stir-Fry	30 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Chicken a La Bleu	31 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Turkey Divan

RED, WHITE, & BLUE

Antioxidants for you!

July is the perfect time to make your plate patriotic! Red, white and blue fruits and vegetables are packed with powerful antioxidants.

As we age, our cells experience something called oxidative stress, which can contribute to inflammation, chronic disease, and the aging process. Antioxidants help neutralize this stress, support healthier aging, a stronger immune system, and overall wellness.



Red fruits and vegetables like strawberries, cherries, tomatoes, and watermelon are rich in lycopene and anthocyanins, which support heart health and may help reduce inflammation.



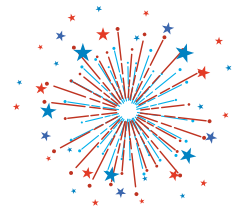
White fruits and vegetables such as cauliflower, onions, garlic, mushrooms, and pears contain flavonoids and sulfur compounds that support immunity and help keep cholesterol in check.



Blue and purple fruits and vegetables like blueberries, blackberries, plums, and purple cabbage are loaded with anthocyanins and antioxidants known for supporting brain health and memory.

Word Search

4th of July!



M	A	L	L	A	H	J	A	O	X	H	B	Y	R	I	W	M	A	S	E	L	C	N	U
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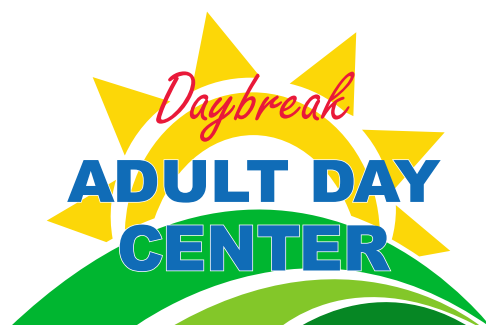


WATERMELON
STRIPES
STATES
FLAG

UNCLE SAM
LIBERTY
FOURTH
BLUE

FIREWORKS
AMERICA
WHITE
BELL

BARBEQUE
UNITED
STARS
RED



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.