

Daybreak Adult Day Center Activity & Menu Calendar

March 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.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
Announcements/Trivia 2 Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: Larry The Crooner Meal: Raspberry BBQ Grilled Chicken	Announcements/Trivia 3 Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Beef Goulash	Announcements/Trivia 4 Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Afternoon Games w/Tracy Meal: Homestyle Turkey & Stuffing	Announcements/Trivia 5 Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Cheese Pizza	Announcements/Trivia 6 Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Swiss Steak
Announcements/Trivia 9 Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Cat Depot Kittens Visit Music: w/Cheryl Meal: Chicken Parmesan	Announcements/Trivia 10 Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Country Fried Steak	Announcements/Trivia 11 Chair Exercise Manatee Audubon Society w\Patty Drawing, Coloring, Puzzles Afternoon Games w/Tracy Meal: Turkey Noodle Stew	Announcements/Trivia 12 Chair Exercise LWR Garden Project Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Chicken a La Bleu	Announcements/Trivia 13 Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Nate's Puppies Nutrition Education: Know Your Portions Music: w/Cheryl Meal: Beef and Bean Chili
Announcements/Trivia 16 Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: BBQ Seasoned Pork	Announcements/Trivia 17 Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Morning Bingo Entertainment: The Shanty Shakers Meal: Thai Ginger Curry Chicken	Announcements/Trivia 18 Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Afternoon Games w/Tracy Meal: Salisbury Steak	FIRST DAY OF SPRING! 19 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shrimp Scampi	Announcements/Trivia 20 Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot! Traveling Chair: Greece  Meal: Korean Meatballs
Announcements/Trivia 23 Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	Announcements/Trivia 24 Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Nate's Puppies Jewelry Class Bingo Meal: Mac & Cheese w/ Chicken	Announcements/Trivia 25 Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Afternoon Games w/Tracy Meal: French Onion-Breaded Pork Chop	Announcements/Trivia 26 Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Butter Chicken & Lentil Stew	Announcements/Trivia 27 Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Italian Cheese Lasagna
Announcements/Trivia 30 Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Meal: Raspberry BBQ Grilled Chicken	Announcements/Trivia 31 Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Beef Goulash			

Know your PORTIONS

It's hard to recognize correct portions with larger plates and super-sized portions. Adding to the confusion, packaged food can contain multiple servings so we must look at the nutrition facts closely to determine what a single serving is.

You can estimate healthy portions anywhere by using your hands as a guide (see chart for additional portions):

- Protein (meat, poultry, fish): palm of your hand
- Grains/starches (rice, pasta, potatoes): one cupped hand
- Fruits & Vegetables: one whole fist
- Fats (oil, butter, nut butter): one thumb tip
- Snacks (nuts, dried fruit): one small cupped hand

Why DOES Portion Control Matter?

It helps regulate calorie intake, supports balanced nutrition throughout the day and prevents mindless overeating. It also encourages mindful eating habits, and helps manage blood sugar and energy levels!

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Serving Size vs. Portion Size

- Serving size is a standardized amount listed on a Nutrition Facts label
- Portion size is the amount you choose to eat, which may be more or less than one serving

Word Search ST. PATRICK'S DAY

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



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 941-747-4655 to let us know.



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK

