

Daybreak Adult Day Center Activity & Menu Calendar

April 2026



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

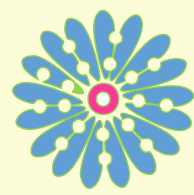
All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

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

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Announcements/Trivia Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Afternoon Games w/Tracy Meal: Homestyle Turkey & Stuffing	2 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Cheese Pizza	3 OFFICES CLOSED
6 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Entertainment: Larry the Crooner Meal: Chicken Parmesan	7 Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie	8 Announcements/Trivia Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Games w/Tracy Meal: Shrimp Stir-fry	9 Announcements/Trivia Chair Exercise LWR Garden Project Drawing, Coloring, Puzzles Jewelry Class Bingo with Roxanne Meal: Chicken a La Bleu	10 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Visit with Nate's Puppies Nutrition Education: Showers for Your, Garden, Hydration for You Music: w/Cheryl Meal: Turkey Divan
13 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: BBQ Seasoned Pork	14 Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Morning Bingo Entertainment: The Shanty Shakers Meal: Thai Ginger Curry Chicken	15 Announcements/Trivia Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Games w/Tracy Meal: Salisbury Steak	16 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo with Roxanne Meal: Lemon Chicken w/Rice	17 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot! Traveling Chair: Taiwan Meal: Asian Meatballs & Dumplings
20 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	21 Announcements/Trivia Chair Exercise Visit with Nate's Puppies Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Mac & Cheese w/ Chicken	22 Announcements/Trivia Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Games w/Tracy Meal: French Onion-Breaded Pork Chop	23 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Butter Chicken & Lentil Stew	24 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Italian Cheese Lasagna
27 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Raspberry BBQ Grilled Chicken	28 Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Beef Goulash	29 Announcements/Trivia Chair Exercise Active Game: Twister w/a Twist Drawing, Coloring, Puzzles Entertainment: Brian Millgate Meal: Homestyle Turkey & Stuffing	30 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo with Roxanne Meal: Cheese Pizza	



Showers for your Garden, Hydration for You.

Spring is here and as they say, "April showers bring May flowers". Water for your garden is essential for your garden to grow and it is essential for our bodies to function. As we age, our bodies go through natural changes that make fluid balance more challenging. The feeling of thirst becomes weaker, meaning you may not feel thirsty even when your body needs water. Although some medical conditions require a fluid restriction, most senior adults should aim for 9-13 cups of water daily.

Water plays a role in nearly every function of the human body. Staying hydrated helps:

- Maintain energy levels and reduce feelings of tiredness.
- Maintain regular bowel movements.
- Protect joints, tissues, and muscles by helping them stay cushioned and flexible.
- Regulate body temperature.
- Keep skin healthy, reducing dryness and improving elasticity.
- Support brain function, including concentration, memory, and mood.

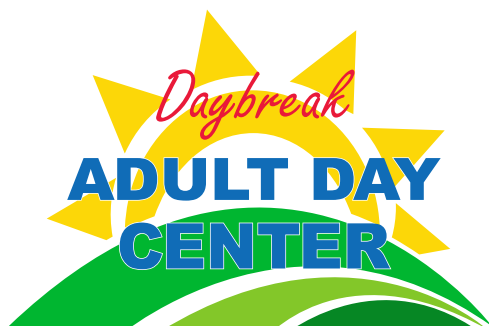
SIMPLE WAYS TO STAY HYDRATED EVERY DAY

- Start early—drink water with breakfast.
- Keep drinks visible and take them with you.
- Add flavor if needed. Fresh lemon, berries, mint, or a splash of 100% fruit juice can make water more enjoyable.
- Foods like watermelon, oranges, cucumbers, tomatoes, broth-based soups, yogurt, and gelatin snacks boost hydration.



Spring! Word Search

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



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|-----------|---------|--------|-------|
| butterfly | ladybug | easter | green |
| daffodil | rainbow | picnic | hatch |
| sunshine | showers | puddle | tulip |
| umbrella | breeze | spring | worms |
| blossom | chicks | bunny | bees |
| ladybug | clouds | grass | leaf |