

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
Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: Larry the Crooner Meal: Chicken Parmesan	CINCO DE MAYO! Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie	Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Games w/Tracy Meal: Shrimp Stir-Fry	Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Chicken a La Bleu	Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Visit w/Nate's Puppies Music: w/Cheryl Meal: Turkey Divan
Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: BBQ Seasoned Pork	Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Thai Ginger Curry Chicken	Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Games w/Tracy Meal: Salisbury Steak	Announcements/Trivia Chair Exercise Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Lemon Chicken w/Rice	Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Nutrition Education: This for That, Healthy Choices Meal: Asian Meatballs & Dumplings
Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	Announcements/Trivia Chair Exercise Visit w/Nate's Puppies Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Mac & Cheese w/ Chicken	Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Games w/Tracy Meal: French Onion-Breaded Pork Chop	Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Butter Chicken & Lentil Stew	Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot Traveling Chair: India Meal: Italian Cheese Lasagna
OFFICES CLOSED 	Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Beef Goulash	Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Games w/Tracy Meal: Homestyle Turkey & Stuffing	Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Cheese Pizza	Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Swiss Steak

THIS for THAT: Healthy Snack Choices

Snacking can be a great way for older adults to keep energy steady throughout the day if they are mindful that picking healthy snack alternatives is the key!

SWAP...	Why?	Tip!
Chips... for Lightly Salted Popcorn or Whole-Grain Crackers	More fiber and whole grains, less unhealthy fat and sodium	Add herbs or Mrs. Dash for extra flavor
Cookies... for Fresh Fruit or Fruit Cups in 100% Juice	Natural sweetness, vitamins, hydration, and fiber	Try berries, clementines, or sliced apples
Candy... for Trail Mix (Nuts, Seeds, & Unsweetened Dried Fruit)	Healthy fats and protein help keep you full longer	Keep portions small (¼ cup)
Ice Cream... for Yogurt Parfait	More protein and probiotics with less added sugar	Add fruit and a sprinkle of granola
Cheese & Crackers... for Veggies & Hummus	Boosts fiber, vitamins, and plant-based protein	Try cucumbers, zucchini slices, bell peppers, or baby carrots
Large Muffins... for Whole-Grain Toast with Peanut Butter	Less sugar, more whole grains and healthy fats	Add sliced banana or strawberries
Pastries... for Oatmeal Cups or Overnight Oats	Provides energy without the sugar crash	Try adding walnuts, pecans, or almonds for crunch
Sugary Drinks... for Water with Fruit or Herbal Tea	Reduces sugar while supporting hydration	Add lemon and cucumber for extra hydration

Word Search Memorial Day!

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

- AMERICA
- BLUE
- DECORATION
- FLAG
- GRAVE
- HONOR
- MEMORIAL
- MONDAY
- MONUMENT
- PATRIOTIC
- PICNIC
- RED
- RESPECT
- SOLDIER
- STARS
- TRADITION
- VETERANS
- WREATH



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.