

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
1 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music w/Cheryl Meal: Chicken Parmesan	2 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie	3 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Music: Brian & Sarah Millgate Meal: Shrimp Stir-Fry	4 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Chicken a La Bleu	5 Announcements/Trivia Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Kahoot Traveling Chair: India Meal: Turkey Divan
8 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: Larry the Crooner Meal: BBQ Seasoned Pork	9 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Thai Ginger Curry Chicken	10 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Salisbury Steak	11 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Lemon Chicken w/Rice	12 Announcements/Trivia Nutrition Education: Pump up the Fiber Chair Exercise Active Game: Corn Hole Drawing, Coloring, Puzzles Visit w/Nate's Puppies Music: w/Cheryl Meal: Asian Meatballs & Dumplings
15 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Classic Meatloaf	16 Announcements/Trivia Chair Exercise Visit w/Nate's Puppies Morning Bingo Drawing, Coloring, Puzzles Jewelry Class Music: Shanty Shakers Meal: Mac & Cheese w/ Chicken	17 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: French Onion-Breaded Pork Chop	18 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Butter Chicken & Lentil Stew	 JUNE TEENTH OFFICES CLOSED
22 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music: w/Cheryl Meal: Raspberry BBQ Grilled Chicken	23 Announcements/Trivia Chair Exercise Active Game: Chair Hockey Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Beef Goulash	24 Announcements/Trivia Chair Exercise Active Game: Bowling Drawing, Coloring, Puzzles Games w/Tracy Meal: Homestyle Turkey & Stuffing	25 Announcements/Trivia Chair Exercise Harriet! Table Games Drawing, Coloring, Puzzles Jewelry Class Bingo w/Roxanne Meal: Cheese Pizza	
29 Announcements/Trivia Chair Exercise Active Game: Competitive Bag Toss Drawing, Coloring, Puzzles Music w/Cheryl Meal: Chicken Parmesan	30 Announcements/Trivia Chair Exercise Active Game: Balloon Bonanza Drawing, Coloring, Puzzles Jewelry Class Bingo Meal: Shepherd's Pie			

PUMP UP THE FIBER



Fiber is an essential part of a healthy diet. Not only does it help with digestion, but it also plays a major role in heart health, blood sugar control, and maintaining a healthy weight. There are two types of fiber: **soluble fiber** and **insoluble fiber**.

Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract. This type of fiber helps lower LDL ("bad") cholesterol, supports heart health, and can help steady blood sugar levels. **Insoluble fiber**, on the other hand, adds bulk to the stool and helps food move more easily through the digestive system. This makes it especially helpful in preventing constipation. It's important to consume a mix of both types of fiber!

Seniors should aim for **25–30 grams** of fiber per day from a variety of foods. Start slowly, add fiber-rich foods gradually, and make sure to drink plenty of water!

SOLUBLE FIBER

- Oats
- Beans and lentils
- Apples, oranges, and berries
- Chia seeds

INSOLUBLE FIBER

- Whole-wheat bread
- Brown rice
- Nuts and seeds

Word Search Summer



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

PICNIC

SUNGLASSES

SWIMMING

SUN

SWIMSUIT

OCEAN

RELAX

SHORTS

BARBECUE

SPRINKLER

FIREWORKS

VACATION

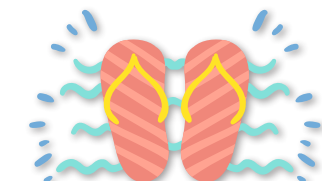
SUNSHINE

FUN

HOT

POOL

FAMILY



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.