



# March 2020



## DAYBREAK ADULT DAY CENTER ACTIVITIES CALENDAR

Monday

Tuesday

Wednesday

Thursday

Friday



**Monday Thru Friday**  
**7:30 - 5pm**  
**(941) 748-3001**  
**10920 East SR 70**  
**Lakewood Ranch,**  
**Florida 34202**

**Daybreak Adult Center is the only licensed adult day center in Manatee County providing ongoing, year-round programs.**

2	3	4	5	6
9:00 Announcements 9:30 Seniorsize 10:00 Carolyn's Cronies 10:00 Digital Exploration 10:00 Book Club 10:00 Word Games 10:00 Ladder Ball 12:30 Would You Rather 1:00 Celebrate with Music 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Root Beer Pong 10:00 Carolyn's Cronies 12:30 Jokes for Dessert 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:00 Compliments to the Chef 12:30 Jokes for Dessert 1:00 Arts & Crafts 1:00 Table Games 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Morning Stretch 10:00 Creative Writing 10:00 Goodies Group 10:00 Carolyn's Cronies 12:30 Bulletin Board Trivia 1:00 BINGO 1:00 Carolyn's Cronies 2:00 Happy Hour Goodies 3:00 Small Group Discussion	9:00 Announcements 9:30 Sit & Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion
9	10	11	12	13
9:00 Announcements 9:30 Seniorsize 10:00 Carolyn's Cronies 10:00 Digital Exploration 10:00 Book Club 10:00 Ladder Ball 12:30 Would You Rather 1:00 Celebrate with Music 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Carnival Shoot Out 10:00 Carolyn's Cronies 12:30 Jokes for Dessert 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:00 Compliments to the Chef 12:30 Nutrition News 1:00 Arts & Crafts 1:00 Table Games 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Morning Stretch 10:00 Creative Writing 10:00 Goodies Group 10:00 Carolyn's Cronies 12:30 Buzz Word 1:00 BINGO 2:00 Happy Hour Goodies 3:00 Small Group Discussion	9:00 Announcements 9:30 Sit & Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion
16	17	18	19	20
9:00 Announcements 9:30 Seniorsize 10:00 Bean Bag Toss 10:00 Book Club 10:00 Carolyn's Cronies 10:00 Digital Exploration 12:30 The Joke's on You 1:00 Celebrate With Music 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Croquet Our Way 10:00 Carolyn's Cronies 12:30 Would you Rather? 1:00 BINGO 2:00 Afternoon snack 3:00 Small Group Discussion 	9:00 Announcements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:00 Compliments to the Chef 12:30 Buzz Word 1:00 Arts and Crafts 1:00 Table Games 2:00 Birthday Celebration 3:00 Small Group Discussion 	9:00 Announcements 9:30 Morning Stretch 10:00 Carolyn's Cronies 10:00 Creative Writing 10:00 Goodies Group 12:30 Talking about Trivia 1:00 BINGO 2:00 Happy Hour Goodies 3:00 Small Group Discussion 5:30 Aging Gracefully Speaker	9:00 Announcements 9:30 Sit & Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion



Elena Balmori-Lopez 3/4  
 Ana Rodriguez 3/15  
 Longina Czajkowski 3/16  
 Linda Silverio 3/27

### Aging Gracefully

A distinguished Speaker Series  
 for  
 Aging Adults  
 and  
 Caregivers  
**March 19th**  
 5:30-7:00

23	24	25	26	27
9:00 Announcements 9:30 Seniorsize 10:00 Manatee River Garden Club 10:00 Digital Exploration 10:00 Carolyn's Cronies 12:30 20 Questions 1:00 Celebrate with Music 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Root Beer Pong 10:00 Carolyn's Cronies 12:30 Jokes for Dessert 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Ageless Fitness 10:00 Nate's Rescue Puppies 10:00 Table Games 10:00 Crosswords/Make a Word 12:30 Compliments to the Chef 1:00 Arts & Crafts 1:00 Table Games 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Morning Stretch 10:00 Creative Writing 10:00 Goodies Group 10:00 Carolyn's Cronies 12:30 Bulletin Board Trivia 1:00 BINGO 1:00 Carolyn's Cronies 2:00 Happy Hour Goodies 3:00 Small Group Discussion	9:00 Announcements 9:30 Sit & Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion
30	31			
9:00 Announcements 9:30 Seniorsize 10:00 Carolyn's Cronies 10:00 Digital Exploration 10:00 Book Club 10:00 Ladder Ball 12:30 Would You Rather 1:00 Celebrate with Music 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion	9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Root Beer Pong 10:00 Carolyn's Cronies 12:30 Jokes for Dessert 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group Discussion			