### DayBreak Day Program: AUGUST 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Coffee and Conversation  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Mixed Bag  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Card Games | Coffee & Tea w/ Friends  
Reminisce Group  
Word Inside A Word  
Day Break Jeopardy  
Day Break Double Jeopardy | Coffee and Tea w/ Friends  
Reminisce Group  
Smooth Moves w/ Colleen 11a  
DB Feud  
Card Games | Coffee/Conversations  
Reminisce Group  
Yoga w/ Trina 11a  
Sittercise  
Bean Bag Toss (Caregiver Massage 8/5) |
| Coffee and Conversation  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Mixed Bag  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Card Games | Coffee & Tea w/ Friends  
Reminisce Group  
Drum Alive w/ Meida 10:30a  
Day Break Jeopardy  
Mixed Bag  
Bullseye | Coffee & Tea w/ Friends  
Reminisce Group  
Smooth Moves w/ Colleen 11a  
Spa Day  
Movie  
Mixed Bag  
Bean Bag Toss | Coffee/Conversations  
Reminisce Group  
Yoga w/ Trina 11a  
Music w/ Carolyn  
Mixed Bag  
Bean Bag Toss |
| Coffee and Conversation  
Reminisce Group  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Mixed Bag | Coffee & Tea w/ Friends  
Reminisce Group  
DB Fashion Show Practice  
Virtual Tai Chi  
Mixed Bag | Coffee & Tea w/ Friends  
Reminisce Group  
Smooth Moves w/Colleen 11a  
DB Fashion Show Practice  
Bean Bag Toss | Coffee and Conversation  
Yoga w/ Trina 11a  
Day Break Fashion Show  
3-5 PM w/ Refreshments |
| Coffee and Conversation  
Reminisce Group  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Card Games | Coffee & Tea w/ Friends  
Reminisce Group  
Drum Alive w/ Meida 10:30a  
Day Break Jeopardy  
Balloon Volleyball  
Mixed Bag | Coffee & Tea w/ Friends  
Reminisce Group  
Smooth Moves w/Colleen 11a  
Bingo  
DB Cooking  
Bean Bag Toss | Coffee and Conversation  
Reminisce Group  
Yoga w/ Trina 11a  
Bean Bag Toss  
Tai Chi |
| Coffee and Conversation  
Reminisce Group  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Card Games | Coffee & Tea w/ Friends  
Reminisce Group  
Day Break Jeopardy  
Balloon Volleyball  
Mixed Bag | Coffee & Tea w/ Friends  
Reminisce Group  
Smooth Moves w/Colleen 11a  
Look at Art - Kayrod  
DB Cooking  
Bean Bag Toss | Coffee and Conversation  
Yoga w/ Trina 11a  
Bean Bag Toss  
Tai Chi |
| Coffee and Conversation  
Reminisce Group  
Smoooth Moves w/ Colleen 11a  
Ginkgo  
Bean Bag Toss | DB News and Current Events  
Art Fun w/ Tessa 10:30a  
Memory Enhancement  
Smooth Moves w/ Colleen 1p  
DB Feud  
Card Games | Coffee & Tea w/ Friends  
Reminisce Group  
Day Break Jeopardy  
Balloon Volleyball  
Mixed Bag | Coffee & Tea w/ Friends  
Reminisce Group  
Smooth Moves w/Colleen 11a  
DB Cooking  
Bean Bag Toss | Coffee and Conversation  
Reminisce Group  
Yoga w/ Trina 11a  
Bean Bag Toss  
Tai Chi |

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