

Senior Resource Association-Sebastian Adult Day Care- January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult Day Care 772-388-5827</p> <p>Transportation 772-569-0903</p> <p>Activities Subject to change without notice.</p>	<p>CLOSED</p> 	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 J Bowling/Dear Abby/Book Club 1:30 Vero Beach Museum of Art 2:30 PM Exercise & In the Hole 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Popcorn Toss & Spectacular Talk 1:00 Exercise/Bulls Eye / Corn Toss 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness & Trivia 4:00 Games and Puzzle</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Getting Jiggy with Hobo Jim 1:00 Light & Lively Exercise 1:30 Volleyball & Name 10 2:30 Game of Choice Table Games 3:30 Trivia 4:00 Games and Puzzles</p>
<p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch 9:45 Bowling Blast & Chit Chat 1:00 Exercise / Colorful Cans / Baseball 2:30 Musical Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Chair Fitness 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercises & Big Mouth Bass 2:30 Music Melodies with Joe & The Gang 3:30 Treasure Chest Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Chair Exercise/Dear Abby/Book Club 1:30 Vero Beach Museum of Art 2:30 PM Exercise & Pop Corn Toss 3:30 12 Months of Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, & News Review 9:15 Morning Exercise 10:00 Pin Drop & Alphabet Antics 1:00 Exercise / Basketball/Big Mouth Bass 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness & Trivia 4:00 Games and Puzzle</p>	<p>8:00 Coffee, News & Discussion 9:15 Dancing Feet with Hobo Jim 1:00 Light & Lively Exercise 1:30 Pop Corn Toss/What Would You Do 2:30 Game of Choice & Bingo 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>
<p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch and Floor Game 10:30 Seasonal Bingo 1:00 Exercise/Feed the Fish/Basketball 2:30 Family Fued / Jeopardy 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2, Parachute 1:00 PM Exercise 2:30 Music Melodies with Joe & The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 J Bowling/Dear Abby/ Book Club 1:30 Vero Beach Museum of Art 2:30 PM Exercise & Bulls Eye 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Hi- Bowl & Mouse Trap 1:00 PM Exercise / Skii Ball / Parachute 2:30 Free Choice Art / Table Top Games 3:30 Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News & Discussion 9:15 Dancing Feet with Hobo Jim 1:00 Light & Lively Exercise 1:30 Volleyball & Name 10 2:30 Game of Choice & Bingo 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>
<p>CLOSED</p> 	<p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercise 2:30 Music Melodies with Joe & The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Big Bass / Dear Abby/ Book Club 1:30 Vero Beach Museum of Art 2:30 Exercise & Colorful Cans 3:30 Finish the Phrase Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Pin Drop & Golf 1:00 PM Exercise/ Feed the Fish/ Kickball 2:30 Free Choice Art/ Table Top Games 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Hobo Jim's Dance Hall 1:00 Light & Lively Exercise 1:30 Pin Drop & Family Feud 2:30 Game of Choice & Bingo 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>
<p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch 9:45 Bowling Blast & Chit Chat 1:00 Exercise / Colorful Cans / Baseball 2:30 Musical Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2, Parachute 1:00 PM Exercises & Ring Toss 2:30 Music Melodies with Joe & The Gang 3:30 What Would You Do Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 J Bowling / Dear Abby / Book Club 1:30 Vero Beach Museum of Art 2:30 PM Exercise & In the Hole 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Popcorn Toss & Spectacular Talk 1:00 Exercise/Bulls Eye / Corn Toss 2:30 Free Choice Art/ Table Top Games 3:30 Brain Fitness & Trivia 4:00 Games and Puzzle</p>	<p>Lunch served at 11:30am Rest period from 12:00pm-1:00pm Afternoon Snack at 2:00 pm</p>