

Senior Resource Association-Vero Beach Adult Day Care- January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult Day Services 772-469-2059 Transportation 772-569-0903 <small>Activities subject to change without notice.</small></p>	<p>CLOSED HAPPY NEW YEAR</p>	<p>CLOSED</p>	<p>CLOSED</p>	<p>CLOSED</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch 10:00 Basketball 10:30 Name Ten Trivia 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Puzzles/ Recipe Chat / Patio Views</p>	<p>8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Balloon Volley / Table Time 1:00 PM Exercise / Basketball 2:30 Name 10 Trivia 3:00 Bingo 4:00 Chit-Chats / Reminiscence</p>	<p>8:00 AM Coffee & Chats 9:15 News Review 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise 1:00 - 4:00 Sing and Dance with Hobo Jim 4:00 What's Cooking? / Puzzles</p>	<p>8:00 Coffee & News Review 9:00 Light & Lively Exercise 10:00 Manicures / Jumbo Bowl 11:00 Garden Walks/Sing-along 1:00 Chair Exercise 2:30 Big Bowl/Coloring/Puzzles 3:00 Game of Choice/Social Chats 4:00 Name Ten Trivia</p>	<p>8:00 AM Greetings and Coffee Chats 9:30 Light & Lively 10:00 Marble Shoot 10:30 Trivia Talk 1:00 Name the Game 2:30 Bulletin Board Trivia 3:00 January Bingo 4:00 Trivia / Puzzles</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch / Patio Strolls 10:00 Circle Games 10:30 Alphabet Trivia 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Chats/Games / Patio Views</p>	<p>8:00 Coffee & Discussions 9:30 News Review / Book Club with Penny 10:00 Sittercise 10:30 Basketball / Nature Views 1:00 PM Exercise / Dice Roll 2:30 Stir up a Memory 3:00 Bingo and Puzzles 4:00 Puzzles / Chit Chats</p>	<p>8:00 AM Coffee & Chats 9:15 News Review 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise 1:00-4:00 Sing and Dance with Hobo Jim 4:00 What's Cooking? / Puzzles</p>	<p>8:00 Coffee & News Review 9:30 Light & Lively Exercise 10:00 Jumbo Bowl 10:30 Garden Walks/ Sing-along 1:00 PM Exercise / Toss It 2:30 Sing-along 3:00 Chair Exercise 4:00 Coloring / Puzzles</p>	<p>8:00 Coffee and News 9:30 Stretch / Sway & Sing 10:00 Ring It 10:30 Shake Up a Memory 1:00 Games of Choice 2:30 Balloon Volley Ball 3:00 Bingo 4:00 Garden Views and Talks</p>
<p>CLOSED</p>	<p>CLOSED</p>	<p>CLOSED</p>	<p>CLOSED</p>	<p>CLOSED</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>8:00 Monday Greetings and Coffee 9:30 Sittercise 10:00 Hoop Toss 10:30 Stir-Up an Appetite / Nature Walks 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Chats / Games / Patio Views</p>	<p>8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Target Rings / Nature Views 1:00 PM Exercise & Ring Toss 2:30 January Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia</p>	<p>8:00 AM Coffee & Chats 9:15 News Review 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise 11:00 Trivia Talk 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Games / Puzzles</p>	<p>8:00 Coffee, News Review & Discussion 9:30 Light & Lively Exercise 10:00 Floor Games 10:30 Name The Topic Trivia 1:00 PM Exercise / Splash Toss 2:30 Reminiscent Corner 3:30 Garden Walks and Views 4:00 Trivia Talk / Coloring</p>	<p>8:00 Coffee Clutch and Chat 9:00 Stretch / Sway & Sing 10:00 Circle Games 10:30 Spelling Bee 1:00 Name the Game 2:30 Alphabet Game 3:00 Bingo 4:00 Garden Views / Trivia</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>31</p>
<p>8:00 Monday Greetings and Coffee 9:30 Sittercise 10:00 Hoop Toss 10:30 Stir-Up an Appetite / Nature Walks 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Chats / Games / Patio Views</p>	<p>8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Target Rings / Nature Views 1:00 PM Exercise & Ring Toss 2:30 Seasonal Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia</p>	<p>8:00 AM Coffee & Chats 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise / Puzzles 11:00 Games/Patio Walks 1:30-4:00 Sing and Dance with Hobo Jim 4:00 Games / Puzzles/ Trivia</p>	<p>8:00 News and Coffee 9:30 Light & Lively Exercise 10:00 Circle Games 10:30 Brain Boosters / Patio Walks 1:00 PM Exercise / Jarts 2:30 Charades 3:00 Parachute Fitness 4:00 Coloring / Trivia</p>	<p style="text-align: center;">Lunch served at 11:30 Rest period from 12:00-1:00 Snack at 2:00</p>