

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

Monday	Tuesday	Wednesday	Thursday	Friday		
Adult Day Services 772-469-2059 Transportation 772-569-0903 Activities subject to change without notice.		<div style="background-color: red; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> “HAPPY HEALTHY HEART MONTH” </div>			8:00 News and Coffee 9:30 Stretch, Swing and Sway 10:00 Circle Games 10:30 Name 10 Trivia / Patio Strolls 1:00 Games of Choice 2:30 Ground Hog Word Scramble 3:00 Bingo 4:00 Puzzles / Chit Chat	1
8:00 Monday Greetings and Coffee 9:30 Morning Stretch 10:00 Basketball 10:30 Talk Trivia 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Recipe Talk/Puzzles/Patio Views	8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Balloon Volley / Table Time 1:30 Piano Music with Mary Margaret 2:30 Name 10 Trivia 3:00 Bingo 4:00 Chit-Chats / Reminiscence	8:00 AM Coffee & Chats 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise / Puzzles 11:00 Trivia/Patio Walks 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Games / Puzzles / Trivia	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	8:00 AM Greetings and Coffee Chats 9:30 Light & Lively 10:00 Marble Shoot 10:30 Trivia Talk 1:00 Parachute Fitness/Table Games 2:30 Bulletin Board Trivia 3:00 February Bingo 4:00 Garden Views/Trivia	4 5 6 7 8	
8:00 Monday Greetings and Coffee 9:30 Sittercise 10:00 Circle Games 10:30 Table Games/Patio Walks 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Puzzles/ Recipe Chat / Patio Views	8:00 Coffee & Discussions 9:30 News Review / Book Club with Penny 10:00 Sittercise 10:30 Basketball / Nature Views 1:30 Piano Music with Mary Margaret 2:30 Stir up a Memory 3:00 Bingo and Puzzles 4:00 Puzzles / Chit Chats	8:00 AM Coffee & Chats 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise/Charades 11:00 Match Games/Patio Walks 1:00-Sing and Dance with Hobo Jim 4:00 Games/Puzzles/Trivia	8:00 Coffee & News Review 9:30 Light & Lively Exercise 10:00 Manicures / Jumbo Bowl 1:00 Chair Exercise 2:30 Valentin Fun/Coloring/Puzzles 3:00 Game of Choice/Social Chats 4:00 Name Ten Trivia	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	11 12 13 14 15	
<div style="background-color: red; color: white; padding: 5px; border-radius: 10px; display: inline-block; font-weight: bold;"> CLOSED </div> 	8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Target Rings / Nature Views 1:30 Piano Music with Mary Margaret 2:30 February Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia	8:00 AM Coffee & Chats 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise/Puzzles 11:00 Trivia/Patio Walks 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Games/Puzzles/Trivia	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	8:00 Coffee Clutch and Chat 9:30 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 and Chts	18 19 20 21 22	
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	8:00 Coffee and Discussion 9:30 News Review / Book Club with Penny 10:00 Light & Lively Exercise 10:30 Target Rings / Nature Views 1:30 Piano Music with Mary Margaret 2:30 Seasonal Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia	8:00 AM Coffee & Chats 9:30 Art with Vero Beach Museum of Art 10:30 Sittercise/Puzzles 11:00 Trivia/Patio Walks 1:30-4:00 Sing and Dance with Hobo Jim 4:00 Games/Puzzles/Trivia	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	25 26 27 28		
					Lunch served at 11:30 Rest period from 12:00-1:00 Snack at 2:00	