

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult Day Services 772-469-2059 Transportation 772-569-0903 Activities subject to change without notice.</p>	<p>DON'T FORGET To  SET (LOCKS FORWARD!) SPRING FORWARD MARCH 10TH</p>		<p>Lunch served at 11:30 Rest period from 12:00-1:00 Snack at 2:15</p>	<p>1 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 Word Scramble 3:00 Bingo 4:00 Puzzles / Chit Chat</p>
<p>4 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</p>	<p>5 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 / Reminisc</p>	<p>6 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</p>	<p>7 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>8 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 March Bingo 4:00 Garden Views/Trivia</p>
<p>11 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</p>	<p>12 8:00 Coffee and Discussion 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</p>	<p>13 8:00 AM Coffee & Chats 9:30 Sittercise/ Dice Roll 10:30 Name the Trivia/Patio Walks 11:00 Table Top Games/ Coloring 1:00-Sing and Dance with Hobo Jim 4:00 Games/Puzzles/Trivia</p>	<p>14 8:00 Coffee & News Review 9:30 Light & Lively Exercise 10:00 Manicures / Jumbo Bowl 10:30 What Am I Trivia 1:00 Chair Exercise 2:30 Big Bowl/Coloring/Puzzles 3:00 Game of Choice/Social Chats 4:00 Name Ten Trivia</p>	<p>15 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>18 8:00 Monday Greetings and Coffee 9:30 Morning Stretch / Patio Strolls 10:00 Circle Games / Word Games 10:30 ABC Trivia 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Chats/Games/Patio Views</p>	<p>19 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 March Trivia 3:00 Bingo Bash 4:00 Coloring/Trivia</p>	<p>20 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</p>	<p>21 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>22 8:00 Coffee Clutch and Chat 9:30 Vero Beach Boys and Girls Club Visit 10:30 Spelling Bee 1:00 Name the Game 2:30 Alphabet Game 3:00 Bingo 4:00 Garden Views and Chts</p>
<p>25 8:00 Monday Greetings and Coffee 9:30 Sittercise 10:00 Hoop Toss / Table Games 10:30 Kick-It / Nature Walks 11:00 Trivia Time 1:00-4:00 Sing and Dance with Hobo Jim 4:00 Chats/Games/Patio Views</p>	<p>26 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</p>	<p>27 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</p>	<p>28 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 VB Karate Association Demonstration 3:30 Garden Walks and Views 4:00 Trivia Talk / Coloring</p>	<p>29 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 Word Scramble 3:00 Bingo 4:00 Puzzles / Chit Chat</p>