

# Senior Resource Association-Sebastian Adult Day Care– April 2019

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Stretch 9:45 Bowling Blast &amp; 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>2</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Chair Fitness 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercises &amp; Big Mouth Bass 2:30 Music Melodies with Joe &amp; The Gang 3:30 Treasure Chest Trivia 4:00 Games and Puzzles</p>	<p>3</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Jumbo Bowling / Dear Abby 10:00 Book Club with Penny 1:30 Vero Beach Museum of Art 2:30 PM Exercise &amp; In the Hole 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>4</p> <p>8:00 Coffee, &amp; News Review 9:15 Morning Exercise 10:00 Pin Drop &amp; Alphabet Antics 1:00 Exercise / Basketball/Big Mouth Bass 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness &amp; Trivia 4:00 Games and Puzzle</p>	<p>5</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Getting Jiggy with Hobo Jim 1:00 Light &amp; Lively Exercise 1:30 Volleyball &amp; Name 10 2:30 Game of Choice Table Games 3:30 Trivia 4:00 Games and Puzzles</p>
<p>8</p> <p>8:00 Coffee, News Review &amp; 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>9</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Light &amp; Lively Exercise 10:00 Free Choice Game Xs 2, Parachute 1:00 PM Exercise 2:30 Music Melodies with Joe &amp; The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>10</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Dce Roll / Dear Abby 10:00 Book Club with Penny 1:30 Vero Beach Museum of Art 2:30 PM Exercise &amp; Pop Corn Tossame 3:30 12 Months of Trivia 4:00 Games and Puzzles</p>	<p>11</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Hi- Bol &amp; 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>12</p> <p>8:00 Coffee, News &amp; Discussion 9:15 Dancing Feet with Hobo Jim 1:00 Light &amp; Lively Exercise 1:30 Pop Corn Toss/What Would U Do 2:30 Game of Choice &amp; Bingo 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>
<p>15</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Stretch and Floor Game 10:30 Bowling Blast &amp; Chit Chat 1:00 Exercise / Pin Drop / Kickball 2:30 April Bingo 3:30 Brain Booster 4:00 Games and Puzzles</p>	<p>16</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Light &amp; Lively Exercise 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercise 2:30 Music Melodies with Joe &amp; The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>17</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Dancing Feet with Hobo Jim 1:30 Vero Beach Museum of Art 2:30 PM Exercise &amp; Bulls Eye 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>	<p>18</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Pin Drop &amp; 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>19</p> <p><b>CLOSED</b> <b>Good Friday</b></p> 
<p>22</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Stretch 9:45 Bowling Blast &amp; Chit Chat 1:00 Exercise / Ring It / Baseball 2:30 Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>23</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Light &amp; Lively Exercise 10:00 Free Choice Game Xs 2, Parachute 1:00 PM Exercises &amp; Ring Toss 2:30 Music Melodies with Joe &amp; The Gang 3:30 What Would You Do Trivia 4:00 Games and Puzzles</p>	<p>24</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Big Bass/ Dear Abby/ 10:00 Book Club with Penny 1:30 Vero Beach Museum of Art 2:30 Exercise &amp; Colorful Cans 3:30 Finish the Phrase Trivia 4:00 Games and Puzzles</p>	<p>25</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Exercise 10:00 Popcorn Toss &amp; Spectacular Talk 1:00 Exercise/Bulls Eye / Corn Toss 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness &amp; Trivia 4:00 Games and Puzzle</p>	<p>26</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Hobo Jim's Dance Hall 1:00 Light &amp; Lively Exercise 1:30 Banjo Music with Dave 2:30 Game of Choice &amp; Bingo 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>
<p>29</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Stretch 9:45 Bowling Blast &amp; 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>30</p> <p>8:00 Coffee, News Review &amp; Discussion 9:15 Morning Chair Fitness 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercises &amp; Big Mouth Bass 2:30 Music Melodies with Joe &amp; The Gang 3:30 Treasure Chest Trivia 4:00 Games and Puzzles</p>	 <p><b>National Volunteer Week</b> <b>April 7th-13th</b></p>	 <p><b>Lunch served at 11:30</b> <b>Rest period from 12:00-1:00</b> <b>Snack at 2:15</b></p>	<p><b>Adult Day Care</b> <b>772-388-5827</b> <b>Transportation</b> <b>772-569-0903</b> Activities Subject to change without notice.</p>