

# Senior Resource Association-Vero Beach Adult Day Care- April 2019

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch 10:00 Basketball 10:30 Talk Trivia <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Recipe Talk/Puzzles/Patio Views</p>	<p>2</p> <p>8:00 Coffee and Discussion 9:30 News Review / <b>Book Club with Penny</b> 10:00 Light &amp; Lively Exercise 10:30 Balloon Volley / Table Time <b>1:30 Piano Music with Mary Margaret</b> 2:30 Name 10 Trivia 3:00 Bingo 4:00 Chit-Chats / Reminisce</p>	<p>3</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 10:30 Sittercise / Puzzles 11:00 Trivia/Patio Walks <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Games / Puzzles / Trivia</p>	<p>4</p> <p>8:00 News and Coffee 9:30 Light &amp; Lively Exercise <b>10:00 Library Craft with Holly</b> 10:30 Brain Boosters / Patio Walks 1:00 PM Exercise / Jarts <b>2:30 Guitar Music / Sing Along with Ed</b> 3:00 Parachute Fitness 4:00 Coloring / Trivia</p>	<p>5</p> <p>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>8</p> <p>8:00 Monday Greetings and Coffee 9:30 Sittercise 10:00 Circle Games 10:30 Table Games/Patio Walks <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Puzzles/ Recipe Chat / Patio Views</p>	<p>9</p> <p>8:00 Coffee and Discussion 9:30 News Review / <b>Book Club with Penny</b> 10:00 Sittercise 10:30 Basketball / Nature Views <b>1:30 Piano Music with Mary Margaret</b> 2:30 Stir up a Memory 3:00 Bingo and Puzzles 4:00 Puzzles / Chit Chats</p>	<p>10</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 10:30 Sittercise / Puzzles 11:00 Table Top Games/ Coloring <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Games/Puzzles/Trivia</p>	<p>11</p> <p>8:00 Coffee &amp; News Review 9:30 Light &amp; Lively Exercise 10:00 Manicures / Jumbo Bowl 10:30 What Am I Trivia 1:00 Chair Exercise <b>2:30 Guitar Music / Sing Along with Ed</b> 3:00 Game of Choice/Social Chats 4:00 Name Ten Trivia</p>	<p>12</p> <p>8:00 AM Greetings and Coffee Chats 9:30 Light &amp; Lively 10:00 Marble Shoot 10:30 Trivia Talk 1:00 Parachute Fitness/Table Games 2:30 Bulletin Board Trivia 3:00 April Bingo 4:00 Garden Views/Trivia</p>
<p>15</p> <p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch / Patio Strolls 10:00 Circle Games / Word Games 10:30 ABC Trivia <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Chats/Games/Patio Views</p>	<p>16</p> <p>8:00 Coffee and Discussion 9:30 News Review / <b>Book Club with Penny</b> 10:00 Light &amp; Lively Exercise 10:30 Target Rings / Nature Views <b>1:30 Piano Music with Mary Margaret</b> 2:30 April Trivia 3:00 Bingo Bash 4:00 Coloring/Trivia</p>	<p>17</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 10:30 Sittercise / Puzzles 11:00 Trivia/Patio Walks <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Games/Puzzles/Trivia</p>	<p>18</p> <p>8:00 Coffee &amp; News Review 9:30 Light &amp; Lively Exercise 10:00 Jumbo Bowl 10:30 Garden Walks/ Sing-along 1:00 PM Exercise / Toss It <b>2:30 Guitar Music / Sing Along with Ed</b> 3:00 Chair Exercise 4:00 Coloring / Puzzles</p>	<p>19</p> <p><b>CLOSED</b> <b>Good Friday</b></p> 
<p>22</p> <p>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 <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Chats/Games/Patio Views</p>	<p>23</p> <p>8:00 Coffee and Discussion 9:30 News Review / <b>Book Club with Penny</b> 10:00 Light &amp; Lively Exercise 10:30 Target Rings / Nature Views <b>1:30 Piano Music with Mary Margaret</b> 2:30 Seasonal Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia</p>	<p>24</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 10:30 Sittercise/Puzzles 11:00 Trivia/Patio Walks <b>1:30-4:00 Sing and Dance with Hobo Jim</b> 4:00 Games/Puzzles/Trivia</p>	<p>25</p> <p>8:00 Coffee, News Review &amp; Discussion 9:30 Light &amp; Lively Exercise 10:00 Floor Games 10:30 Name The Topic Trivia 1:00 PM Exercise / Splash Toss <b>2:30 Guitar Music / Sing Along with Ed</b> 3:30 Garden Walks and Views 4:00 Trivia Talk / Coloring</p>	<p>26</p> <p>8:00 Coffee Clutch and Chat 9:30 Stretch / Sway &amp; 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</p>
<p>29</p> <p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch 10:00 Basketball 10:30 Talk Trivia 1:00 Exercise/ Game of Choice 2:30 Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>30</p> <p>8:00 Coffee and Discussion 9:30 News Review / <b>Book Club with Penny</b> 10:00 Light &amp; Lively Exercise 10:30 Balloon Volley / Table Time <b>1:30 Piano Music with Mary Margaret</b> 2:30 Name 10 Trivia 3:00 Bingo 4:00 Chit-Chats / Reminisce</p>	 <p><b>National Volunteer Week</b> <i>April 7th-13th</i></p>	 <p><i>Lunch served at 11:30</i> <i>Rest period from 12:00-1:00</i> <i>Snack at 2:15</i></p>	<p><b>Adult Day Services</b> <b>772-469-2059</b> <b>Transportation</b> <b>772-569-0903</b> Activities subject to change without notice.</p>