

Senior Resource Association-Sebastian Adult Day Care– June 2019

Mon

Tue

Wed

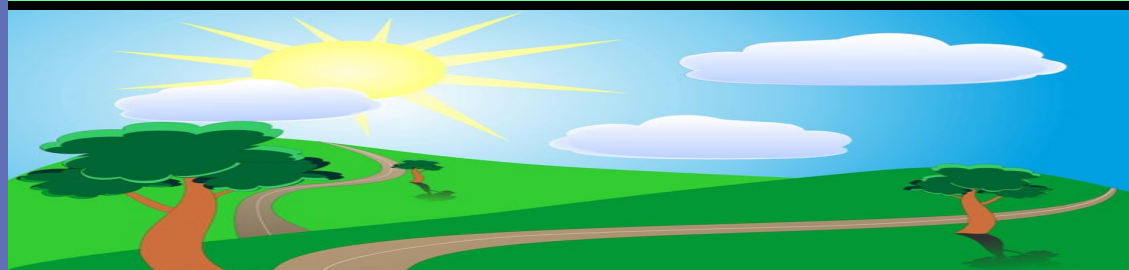
Thu

Fri

Adult Day Care
772-388-5827
Transportation
772-569-0903

Activities Subject to change without notice.

Happy
Father's Day



Lunch served at 11:30
Rest period from 12:00-1:00
Snack at 2:15

<p>3</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch 9:45 Bowling Blast & 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>4</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Chair Fitness 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercises & Big Mouth Bass 2:30 Music Melodies with Joe & The Gang 3:30 Treasure Chest Trivia 4:00 Games and Puzzles</p>	<p>5</p> <p>8:00 Coffee, News Review & 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 Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>6</p> <p>8:00 Coffee, & News Review 9:15 Morning Exercise 10:00 Pin Drop & Alphabet Antics 1:00 Exercise / Basketball/Big Mouth Bass 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness & Trivia 4:00 Games and Puzzle</p>	<p>7</p> <p>8:00 Coffee, News & Discussion 9:15 Getting Jiggy with Hobo Jim 1:00 Light & Lively Exercise 1:30 Pop Corn Toss/What Would You 2:30 Game of Choice & Bingo 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>
<p>10</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch and Floor Game 10:30 Seasonal Trivia 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>11</p> <p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2, Parachute 1:00 PM Exercise 2:30 Music Melodies with Joe & The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>12</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Dice Roll / Dear Abby 10:00 Book Club with Penny 1:30 Vero Beach Museum of Art 2:30 PM Exercise & Pop Corn Toss Game 3:30 12 Months of Trivia 4:00 Games and Puzzles</p>	<p>13</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Hi- Bol & Mouse Trap 1:00 PM Exercise 1:30 Sebastian Boys and Girls Club Visit With Fun and Games 4:00 Games and Puzzles</p>	<p>14</p> <p>8:00 Coffee, News & Discussion 9:15 Dancing Feet with Hobo Jim 1:00 Light & Lively Exercise 1:30 Volleyball & Name 10 2:30 Game of Choice & Bingo 3:30 Call Out the Answer! 4:00 Games and Puzzles</p>  
<p>17</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch and Floor Game 10:30 Bowling Blast & Chit Chat 1:00 Exercise/Pin Drop/Kickball 2:30 June Bingo 3:30 Brain Booster 4:00 Games and Puzzles</p>	<p>18</p> <p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2, Kickball 1:00 PM Exercise 2:30 Music Melodies with Joe & The Gang 3:30 Four Seasons Trivia 4:00 Games and Puzzles</p>	<p>19</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Dice Roll / Dear Abby 10:00 Book Club with Penny 1:30 Vero Beach Museum of Art 2:30 PM Exercise & Bulls Eye 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>	<p>20</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Exercise 10:00 Pin Drop & 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>21</p> <p>8:00 Coffee, News Review & Discussion 9:15 Getting Groovy with Hobo Jim 1:00 Light & Lively Exercise 1:30 Pin Drop & Family Feud 2:30 Game of Choice & Bingo 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p> 
<p>24</p> <p>8:00 Coffee, News Review & Discussion 9:15 Morning Stretch 9:45 Bowling Blast & Chit Chat 1:00 Exercise / Ring It / Baseball 2:30 Bingo 3:30 This and That Trivia 4:00 Games and Puzzles</p>	<p>25</p> <p>8:00 Coffee, News Review & Discussion 9:15 Light & Lively Exercise 10:00 Free Choice Game Xs 2 Parachute 1:00 PM Exercises & Ring Toss 2:30 Music Melodies with Joe & The Gang 3:30 What Would You Do Trivia 4:00 Games and Puzzles</p>	<p>26</p> <p>8:00 Coffee, News Review & 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 & Colorful Cans 3:30 Finish the Phrase Trivia 4:00 Games and Puzzles</p>	<p>27</p> <p>8:00 Coffee, News Review & Discussion 9:30 Sebastian Boys and Girls Club Visit With Fun and Games 1:00 Exercise/Bulls Eye / Corn Toss 2:30 Free Choice Art / Table Top Games 3:30 Brain Fitness & Trivia 4:00 Games and Puzzle</p>	<p>28</p> <p>8:00 Coffee, News Review & Discussion 9:15 Hobo Jim's Dance Hall 1:00 Light & Lively Exercise 1:30 Banjo Music with Dave 2:30 Game of Choice & Bingo 3:30 Everyday Life Trivia 4:00 Games and Puzzles</p>