

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

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Adult Day Services**

772-469-2059




**Transportation**

772-569-0903

Activities subject to change without notice.



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

Mon	Tue	Wed	Thu	Fri
<p>3</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 Puzzles/Patio Views</p>	<p>4</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 / Reminisc</p>	<p>5</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 9:30 Sittercise / Puzzles 10:00 Name the Game 10:30 June Day Trivia 11:00 Patio Walks <b>1:00-4:00 Sing and Dance with Hobo Jim</b></p>	<p>6</p> <p>8:00 News and Coffee 9:30 Light &amp; Lively Exercise 10:00 Name the Game 10:30 Brain Boosters 1:00 Parachute Fitness // Jarts 2:30 Scrabble 3:00 Jeopardy 4:00 Coloring/Trivia</p>	<p>7</p> <p>8:00 News and Coffee 9:30 Stretch, Swing and Sway 10:00 Circle Games 10:30 Name 10 Trivia 1:00 Light &amp; Lively Exercise 2:30 Word Scramble 3:00 Bingo Bash 4:00 Trivia</p>
<p>10</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 / Patio Views</p>	<p>11</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>12</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-Sing and Dance with Hobo Jim</b> 4:00 Games/Puzzles/Trivia</p>	<p>13</p> <p>8:00 Coffee &amp; News Review 9:30 Light &amp; Lively Exercise 10:00 Jumbo Bowl 10:30 What Am I Trivia 1:00 Chair Exercise 2:30 Word Games 3:00 Game of Choice / Social Chats 4:00 Name Ten Trivia</p>	<p>14</p> <p>8:00 AM Greetings and Coffee Chats 9:30 Light &amp; Lively 10:00 Marble Shoot 10:30 Trivia Talk 1:00 Light &amp; Lively Exercise 2:30 Bulletin Board Trivia 3:00 June Bingo 4:00 Garden Views/Trivia</p> 
<p>17</p> <p>8:00 Monday Greetings and Coffee 9:30 Morning Stretch 10:00 Percussion Band Practice 10:30 ABC Trivia <b>1:00-4:00 Sing and Dance with Hobo Jim</b> 4:00 Chats/Games/Patio Views</p>	<p>18</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 / Word Games <b>1:30 Piano Music with Mary Margaret</b> 2:30 June Trivia 3:00 Bingo Bash 4:00 Coloring/Trivia</p>	<p>19</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>20</p> <p>8:00 Coffee &amp; News Review 9:30 Light &amp; Lively Exercise <b>10:00 Library Craft with Holly</b> 10:30 Basketball 1:00 PM Exercise / Toss It 2:30 Family Feud 3:00 Alphabet Game 4:00 Coloring / Puzzles</p>	<p>21</p> <p>8:00 Coffee and News 9:30 Stretch / Sway &amp; Sing 10:00 Ring It 10:30 Shake Up a Memory 1:00 Light &amp; Lively Exercise 2:30 Balloon Volley Ball 3:00 Bingo 4:00 Garden Views and Talks</p>  
<p>24</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>25</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 Ball <b>1:30 Piano Music with Mary Margaret</b> 2:30 Seasonal Trivia 3:00 Bingo Bash 4:00 Coloring / Trivia</p>	<p>26</p> <p>8:00 AM Coffee &amp; Chats <b>9:30 Art with Vero Beach Museum of Art</b> 10:30 Sittercise/Puzzles <b>1:30-4:00 Sing and Dance with Hobo Jim</b> 4:00 Games/Puzzles / What's Cook'n</p>	<p>27</p> <p>8:00 Coffee, News Review &amp; Discussion 9:30 Light &amp; Lively Exercise <b>10:00 Vero Beach Boys and Girls Club Visit with Fun and Games</b> 1:00 PM Exercise / Splash Toss 2:30 Call Out the Answer 3:30 Table Games 4:00 Trivia Talk / Coloring</p>	<p>28</p> <p>8:00 Coffee Clutch and Chat 9:00 Stretch / Sway &amp; Sing 10:00 Circle Games 10:30 Spelling Bee 1:00 Light &amp; Lively Exercise 2:30 Alphabet Game 3:00 Bingo 4:00 Garden Views/Trivia</p>