

# September 2023 Sebastian DayAway

Adult Enrichment & Respite Center  
Monday – Friday 8:30 am—4:30 pm



Senior Resource  
ASSOCIATION

Promoting Independence in Our Community

**Morning Programs:**  
8:30 am -11:30 am

Morning Mingle & Coffee  
News & Review  
Sit & Get Fit Exercise  
Brain Games  
Arts & Crafts  
Tabletop Games  
Floor Games  
Patio Fun

**Lunch: 11:30 am—12:00 pm**  
**PM Snack: 2:30 pm**

**Rest Period/Movie Matinee**  
12:00 pm-1:30 pm

**Afternoon Programs:**  
1:30 pm – 4:30 pm

*Activities subject to change  
without notice*

**Location:**  
815 Davis Street  
Sebastian, FL 32958

**Direct : 772.469.3159**  
**Main: 772.569.0760 ext.310**  
**Transport: 772.569.0903**

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Afternoon Activities <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>A Trip Down Memory Lane</li> <li>Bowling Blast</li> <li>Bingo</li> <li>Table Top Games</li> </ul>
<b>4</b>  <b>CLOSED</b>	<b>5</b> Afternoon Activities <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Bean Bag Toss</li> <li>Popcorn Toss &amp; Parachute</li> <li>Seasonal Bingo</li> <li>Puzzles &amp; Reading Corner</li> </ul>	<b>6</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Table Top Games</li> <li>Know It All Trivia</li> <li>Beading Activities</li> <li>Reading Corner</li> </ul>	<b>7</b> Afternoon Activities <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Fishing &amp; Cornhole</li> <li>Free Choice Floor Game</li> <li>What Would You Do</li> <li>Adult Coloring Corner</li> </ul>	<b>8</b> Afternoon Activities <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Alphabet Antics</li> <li>Bean Bag Toss</li> <li>Bingo</li> <li>Table Top Games</li> </ul>
<b>11</b> <i>ARTFUL ENGAGEMENT 10AM</i>  Afternoon Activities <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Kickball &amp; Corn Hole</li> <li>Trivial Pursuit</li> <li>Table Top Activities</li> <li>Free Choice &amp; Reading Corner</li> </ul>	<b>12</b> Afternoon Activities <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Fishing &amp; Bowling Blast</li> <li>Jumbo Target Ring Toss</li> <li>September Bingo</li> <li>Puzzles &amp; Reading Corner</li> </ul>	<b>13</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Table Top Games</li> <li>12 Months of Trivia</li> <li>Beading Activities</li> <li>Reading Corner</li> </ul>	<b>14</b> Afternoon Activities <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Parachute &amp; Basketball</li> <li>Free Choice Floor Game</li> <li>Make Your Point</li> <li>Adult Coloring Corner</li> </ul>	<b>15</b> Afternoon Activities <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>A Trip Down Memory Lane</li> <li>Golf</li> <li>Bingo</li> <li>Table Top Games</li> </ul>
<b>18</b> <i>ARTFUL ENGAGEMENT 10AM</i>  Afternoon Activities <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Bulls Eye Toss &amp; Darts</li> <li>Wheel of Fortune</li> <li>Table Top Activities</li> <li>Free Choice &amp; Reading Corner</li> </ul>	<b>19</b> Afternoon Activities <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Baseball &amp; Colorful Cans</li> <li>Beach Ball Volleyball</li> <li>Bingo</li> <li>Puzzles &amp; Reading Corner</li> </ul>	<b>20</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Table Top Games</li> <li>52 Weeks of Trivia</li> <li>Beading Activities</li> <li>Reading Corner</li> </ul>	<b>21</b> Afternoon Activities <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Volley Ball &amp; Feed the Fish</li> <li>Free Choice Floor Game</li> <li>Talk Show</li> <li>Adult Coloring Corner</li> </ul>	<b>22</b> Afternoon Activities <i>EATING WELL WITH FLORIDA HEALTH 1:30PM</i> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Family Feud</li> <li>Bingo</li> <li>Table Top Games</li> </ul>
<b>25</b> <i>ARTFUL ENGAGEMENT 10AM</i>  Afternoon Activities <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Football &amp; Kickball</li> <li>Price is Right</li> <li>Table Top Activities</li> <li>Free Choice &amp; Reading Corner</li> </ul>	<b>26</b> Afternoon Activities <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Table Top Bowling</li> <li>Skee Ball &amp; Golf</li> <li>September Bingo</li> <li>Puzzles &amp; Reading Corner</li> </ul>	<b>27</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Table Top Games</li> <li>4 Seasons of Trivia</li> <li>Beading Activities</li> <li>Reading Corner</li> </ul>	<b>28</b> Afternoon Activities <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Feed the Frog &amp; Ring Toss</li> <li>Free Choice Floor Game</li> <li>Scene It</li> <li>Adult Coloring Corner</li> </ul>	<b>29</b> Afternoon Activities <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>A Trip Down Memory Lane</li> <li>Bowling Blast</li> <li>Bingo</li> <li>Table Top Games</li> </ul>