

September 2023 Vero Beach

Adult Enrichment & Respite Center
Monday – Friday 7:30 am – 5:30 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 - 5:30 pm**

*Activities subject to change
without notice*

**Location:
694 14th Street
Vero Beach, FL 32960**

**Direct : 772.469.2059
Main: 772.569.0760 ext.113
Transport: 772.569.0903**

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Colorful Cans & Ring Toss Bingo Table Top Activities & Trivia Crosswords & Coloring Reading Corner
4 CLOSED	5 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Alphabet Antics Bingo Free Choice Floor Game Crosswords & Coloring Reading Corner 	6 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Skee Ball Fishing Table Top Activities & Trivia Crosswords & Coloring Reading Corner 	7 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Light & Lively Exercise Target Toss Game Table Top Activities Crosswords & Coloring Reading Corner 	8 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Balloon Volleyball Bingo Table Top Activities & Trivia Crosswords & Coloring Reading Corner
11 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Chair Aerobics Table Top Activities 52 weeks of Trivia Crosswords & Coloring Reading Corner 	12 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Pin Drop Seasonal Bingo Free Choice Floor Game Crosswords & Coloring Reading Corner 	13 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Smile Been Bag Toss Kickball Table Top Activities & Trivia Crosswords & Coloring Reading Corner 	14 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Light & Lively Exercise Beach Ball Parachute Table Top Activities Crosswords & Coloring Reading Corner 	15 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Pin Drop Bingo Table Top Activities & Trivia Crosswords & Coloring Reading Corner
18 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Chair Aerobics Table Top Activities 12 Months of Trivia Crosswords & Coloring Reading Corner 	19 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Bulls Eye Bingo Free Choice Floor Game Crosswords & Coloring Reading Corner 	20 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Splattered Paint Beanbag Toss Beanbag Toss Table Top Activities & Trivia Crosswords & Coloring Reading Corner 	21 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Light & Lively Exercise Tennis Ball Toss Table Top Activities Crosswords & Coloring Reading Corner 	22 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Colorful Cans & Ring Toss Bingo Table Top Activities & Trivia Crosswords & Coloring Reading Corner
25 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Chair Aerobics Table Top Activities Mental Floss Trivia Crosswords & Coloring Reading Corner 	26 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Basketball May Bingo Free Choice Floor Game Crosswords & Coloring Reading Corner 	27 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Ring around the Cone Dice Game Balloon Volleyball Table Top Activities & Trivia Crosswords & Coloring 	28 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> Dice Game Kickball Table Top Activities Crosswords & Coloring Reading Corner 	29 Afternoon Activities EATING WELL WITH FLORIDA HEALTH 1:30PM <ul style="list-style-type: none"> Weekend Warm-up Exercise Bowling Blast Table Top Activities & Trivia Crosswords & Coloring Reading Corner