

November 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
		1 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games • Know It All Trivia • Beading Activities 	2 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Fishing & Cornhole • Free Choice Floor Game • What Would You Do • Adult Coloring Corner 	3 Afternoon Activities BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Family Feud • Bingo
6 ARTFUL ENGAGEMENT 10AM Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Kickball & Corn Hole • Trivial Pursuit • Table Top Activities 	7 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Jumbo Target Ring Toss • November Bingo • Puzzles & Reading Corner 	8 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games • 12 Months of Trivia • Beading Activities • Reading Corner 	9 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute & Basketball • Free Choice Floor Game • Make Your Point • Adult Coloring Corner 	10 Closed for Holiday
13 ARTFUL ENGAGEMENT 10AM Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Bulls Eye Toss & Darts • Wheel of Fortune • Table Top Activities 	14 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Baseball & Colorful Cans • Beach Ball Volleyball • Bingo • Puzzles & Reading Corner 	15 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games • 52 Weeks of Trivia • Beading Activities • Reading Corner 	16 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Volley Ball & Feed the Fish • Free Choice Floor Game • Talk Show • Adult Coloring Corner 	17 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Alphabet Antics • Bean Bag Toss • Bingo • Table Top Games
20 ARTFUL ENGAGEMENT 10AM Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Football & Kickball • Price is Right • Table Top Activities 	21 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Table Top Bowling • Skee Ball & Golf • November Bingo 	22 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games • 4 Seasons of Trivia • Beading Activities 	23 Closed for Holiday	24 Closed for Holiday
27 ARTFUL ENGAGEMENT 10AM Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Marbles & Horse Race • This & That Trivia • Table Top Activities • Free Choice & Reading Corner 	28 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Bean Bag Toss • Popcorn Toss & Parachute • Seasonal Bingo • Puzzles & Reading Corner 	29 Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games • Know It All Trivia • Beading Activities • Reading Corner 	30 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Fishing & Cornhole • Free Choice Floor Game • What Would You Do • Adult Coloring Corner 	