

# November 2023 Vero Beach DayAway

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
		<b>1 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Skee Ball</li> <li>Fishing</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>2 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Target Toss Game</li> <li>Table Top Activities</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>3 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Balloon Volleyball</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>
<b>6 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Chair Aerobics</li> <li>Table Top Activities</li> <li>52 weeks of Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>7 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Pin Drop</li> <li>Seasonal Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>8 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Smile Been Bag Toss</li> <li>Kickball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>9 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Beach Ball Parachute</li> <li>Table Top Activities</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>10</b>  <b>CLOSED</b>
<b>13 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Chair Aerobics</li> <li>Table Top Activities</li> <li>12 Months of Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>14 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Bulls Eye</li> <li>Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>15 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Splattered Paint Beanbag Toss</li> <li>Beanbag Toss</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>16 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Tennis Ball Toss</li> <li>Table Top Activities</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>17 Afternoon Activities</b> <b>BITES OF WISDOM WITH</b> <b>FLORIDA HEALTH 1:30PM</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>
<b>20 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Chair Aerobics</li> <li>Table Top Activities</li> <li>Mental Floss Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>21 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Basketball</li> <li>Trivia Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>22 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Ring around the Cone</li> <li>Dice Game</li> <li>Balloon Volleyball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>23</b>  <b>CLOSED</b>	<b>24</b>  <b>CLOSED</b>
<b>27 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Chair Aerobics</li> <li>Table Top Activities</li> <li>Know It All Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>28 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Alphabet Antics</li> <li>Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>29 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Smile Been Bag Toss</li> <li>Kickball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>30 Afternoon Activities</b> <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Beach Ball Parachute</li> <li>Table Top Activities</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	