

April 2024 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
<p>1 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Football & Kickball • Price is Right • Table Top Activities • Free Choice & Reading Corner 	<p>2 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Balloon Parachute • April Bingo • Puzzles & Reading Corner 	<p>3 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 12 Months of Trivia • Beading Activities • Reading Corner 	<p>4 Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Feed the Frog & Ring Toss • Free Choice Floor Game • Scene It • Adult Coloring Corner 	<p>5 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
<p>8 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <p><i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Kickball & Feed the Fish • Table Top Activities • Free Choice & Reading Corner 	<p>9 Afternoon Activities</p> <p><i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i></p> <ul style="list-style-type: none"> • Fitness Fun • Baseball & Colorful Cans • Beach Ball Volleyball • Bingo 	<p>10 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 52 Weeks of Trivia • Beading Activities • Reading Corner 	<p>11 Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye & Horseshoes • Free Choice Floor Game • Talk Show • Adult Coloring Corner 	<p>12 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Family Feud • Bingo • Table Top Games/Crafts
<p>15 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Bulls Eye Toss & Darts • Wheel of Fortune • Table Top Activities • Free Choice & Reading Corner 	<p>16 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Table Top Bowling • Skee Ball & Horseshoes • April Bingo • Puzzles & Reading Corner 	<p>17 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 4 Seasons of Trivia • Beading Activities • Reading Corner 	<p>18 Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Fishing & Cornhole • Free Choice Floor Game • What Would You Do • Adult Coloring Corner 	<p>19 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
<p>22 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <p><i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Marbles & Colorful Cans • Table Top Activities • Free Choice & Reading Corner 	<p>23 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Bean Bag Toss • Beach Ball Volleyball • Seasonal Bingo • Puzzles & Reading Corner 	<p>24 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • Know It All Trivia • Beading Activities • Reading Corner 	<p>25 Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute & Basketball • Free Choice Floor Game • Make Your Point • Adult Coloring Corner 	<p>26 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Alphabet Antics • Bingo • Table Top Games/Crafts
<p>29 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Football & Kickball • Price is Right • Table Top Activities • Free Choice & Reading Corner 	<p>30 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Balloon Parachute • April Bingo • Puzzles & Reading Corner 			