

# April 2024 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*

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

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

[SeniorResourceAssociation.org](http://SeniorResourceAssociation.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <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> <li>Reading Corner</li> </ul>	<b>2 Afternoon Activities</b> <i>ACCORDION W/ THOM 1:30PM</i> <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>3 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion</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>4 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Table Top Activities</li> <li>Trivia Chit Chat</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>5 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Pin Drop &amp; Dice Game</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>
<b>8 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Chair Aerobics</li> <li>Table Top Activities</li> <li>Alphabet Antics</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>9 Afternoon Activities</b> <i>ACCORDION W/ THOM 1:30PM</i> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Tulip Toss</li> <li>Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>10 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Sticky Ball Target Toss</li> <li>Beanbag Toss</li> <li>Table Top Activities &amp; Trivia</li> <li>Reading Corner</li> </ul>	<b>11 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Table Top Activities</li> <li>Trivia Chit Chat</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>12 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Colorful Cans &amp; Ring Toss</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>
<b>15 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <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>16 Afternoon Activities</b> <i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i> <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> </ul>	<b>17 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>18 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Dice Game</li> <li>Table Top Activities</li> <li>Trivia Chit Chat</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>19 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Bowling Blast &amp; Kickball</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>
<b>22 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <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> <li>Reading Corner</li> </ul>	<b>23 Afternoon Activities</b> <i>ACCORDION W/ THOM 1:30PM</i> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Sticky Ball Target Toss</li> <li>Bingo</li> <li>Free Choice Floor Game</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>24 ARTFUL ENGAGEMENT 10 AM</b> <b>Afternoon Activities</b> <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Splattered Paint Beanbag Toss</li> <li>Kickball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<b>25 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>Light &amp; Lively Exercise</li> <li>Table Top Activities</li> <li>Trivia Chit Chat</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<b>26 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Target Toss &amp; Parachute</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>
<b>29 Afternoon Activities</b> <i>MUSIC W/ HOBO JIM 1:30PM</i> <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> <li>Reading Corner</li> </ul>	<b>30 Afternoon Activities</b> <i>ACCORDION W/ THOM 1:30PM</i> <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>			