

# July 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

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

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>2</b> <i>PET THERAPY 10AM</i> Afternoon Activities</p> <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> <li>Reading Corner</li> </ul>	<p><b>3</b> <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Smile Bean Bag Toss</li> <li>Kickball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>	<p><b>4</b> <b>Closed for Holiday</b></p>	<p><b>5</b> Afternoon Activities</p> <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>
<p><b>8</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>9</b> <i>PET THERAPY 10AM</i> Afternoon Activities</p> <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>	<p><b>10</b> <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Axe Throw</li> <li>Table Top Activities &amp; Trivia</li> <li>Reading Corner</li> </ul>	<p><b>11</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>12</b> Afternoon Activities</p> <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>
<p><b>15</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>16</b> <i>PET THERAPY 10AM</i> Afternoon Activities</p> <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>	<p><b>17</b> <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i></p> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Ring around the Cone</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<p><b>18</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>19</b> Afternoon Activities</p> <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>
<p><b>22</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>23</b> <i>PET THERAPY 10AM</i> Afternoon Activities</p> <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>	<p><b>24</b> <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Splattered Paint Beanbag Toss</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> </ul>	<p><b>25</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>26</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Weekend Warm-up Exercise</li> <li>Axe Throw &amp; Parachute</li> <li>Bingo</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>
<p><b>29</b> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>30</b> <i>PET THERAPY 10AM</i> Afternoon Activities</p> <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> <li>Reading Corner</li> </ul>	<p><b>31</b> <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion</li> <li>Smile Bean Bag Toss</li> <li>Kickball</li> <li>Table Top Activities &amp; Trivia</li> <li>Crosswords &amp; Coloring</li> <li>Reading Corner</li> </ul>		