

August 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

Main: 772.569.0760 ext.310
Transport: 772.569.0903

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
			1 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 	2 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Group Choice Floor Game Trivia Time Bingo Table Top Games/Crafts
5 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> Light & Lively Exercise Kickball & Feed the Fish Table Top Activities Free Choice & Reading Corner 	6 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Baseball & Colorful Cans Beach Ball Volleyball Bingo Puzzles & Reading Corner 	7 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games 52 Weeks of Trivia Beading Activities Reading Corner 	8 Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Bulls Eye & Axe Throw Game Free Choice Floor Game Talk Show Adult Coloring Corner 	9 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Group Choice Floor Game Family Feud Bingo Table Top Games/Crafts
12 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Light & Lively Exercise Bulls Eye Toss & Darts Wheel of Fortune Table Top Activities Free Choice & Reading Corner 	13 Afternoon Activities <i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i> <ul style="list-style-type: none"> Fitness Fun Table Top Bowling Skee Ball & Horseshoes August Bingo Puzzles & Reading Corner 	14 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games 4 Seasons of Trivia Beading Activities Reading Corner 	15 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 	16 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Group Choice Floor Game Trivia Time Bingo Table Top Games/Crafts
19 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> Light & Lively Exercise Marbles & Colorful Cans Table Top Activities Free Choice & Reading Corner 	20 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Axe Throw Game Beach Ball Volleyball Seasonal Bingo Puzzles & Reading Corner 	21 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games Know It All Trivia Beading Activities Reading Corner 	22 Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Parachute & Basketball Free Choice Floor Game Make Your Point Adult Coloring Corner 	23 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Group Choice Floor Game Alphabet Antics Bingo Table Top Games/Crafts
26 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Light & Lively Exercise Football & Kickball Price is Right Table Top Activities Free Choice & Reading Corner 	27 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Fishing & Bowling Blast Balloon Parachute August Bingo Puzzles & Reading Corner 	28 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games 12 Months of Trivia Beading Activities Reading Corner 	29 Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Bulls Eye & Axe Throw Game Free Choice Floor Game Talk Show Adult Coloring Corner 	30 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Group Choice Floor Game Family Feud Bingo Table Top Games/Crafts