

August 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
			1 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Trivia Chit Chat • Crosswords & Coloring • Reading Corner 	2 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Pin Drop & Dice Game • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
5 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • Alphabet Antics • Crosswords & Coloring • Reading Corner 	6 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Tulip Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring • Reading Corner 	7 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> • Bodies in Motion • Axe Throw • Table Top Activities & Trivia • Reading Corner 	8 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Trivia Chit Chat • Crosswords & Coloring • Reading Corner 	9 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Colorful Cans & Ring Toss • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
12 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • Know It All Trivia • Crosswords & Coloring • Reading Corner 	13 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Basketball • Trivia Bingo • Free Choice Floor Game • Crosswords & Coloring • Reading Corner 	14 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i> <ul style="list-style-type: none"> • Bodies in Motion • Ring around the Cone • Table Top Activities & Trivia • Crosswords & Coloring 	15 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Dice Game • Table Top Activities • Trivia Chit Chat • Crosswords & Coloring • Reading Corner 	16 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Bowling Blast & Kickball • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
19 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • 12 Months of Trivia • Crosswords & Coloring • Reading Corner 	20 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Sticky Ball Target Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring • Reading Corner 	21 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> • Bodies in Motion • Splattered Paint Beanbag Toss • Table Top Activities & Trivia • Crosswords & Coloring 	22 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Trivia Chit Chat • Crosswords & Coloring • Reading Corner 	23 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Axe Throw & Parachute • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
26 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • 52 weeks of Trivia • Crosswords & Coloring • Reading Corner 	27 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Pin Drop • Seasonal Bingo • Free Choice Floor Game • Crosswords & Coloring • Reading Corner 	28 ARTFUL ENGAGEMENT 10 AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion • Smile Bean Bag Toss • Kickball • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner 	29 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Trivia Chit Chat • Crosswords & Coloring • Reading Corner 	30 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Colorful Cans & Ring Toss • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner