

# September 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](http://SeniorResourceAssociation.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Closed for Holiday</b></p>	<p>3 <b>ARTFUL ENGAGEMENT 10AM</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Fishing &amp; Bowling Blast</li> <li>• Balloon Parachute</li> <li>• September Bingo</li> <li>• Puzzles &amp; Reading Corner</li> </ul>	<p>4 Afternoon Activities</p> <p><b>MUSIC W/ HOBO JIM 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Table Top Games</li> <li>• 12 Months of Trivia</li> <li>• Beading Activities</li> <li>• Reading Corner</li> </ul>	<p>5 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Bodies in Motion Exercise</li> <li>• Balloon Swat &amp; Cornhole</li> <li>• Free Choice Floor Game</li> <li>• What Would You Do</li> <li>• Adult Coloring Corner</li> </ul>	<p>6 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Weekend Warm-up Exercise</li> <li>• Group Choice Floor Game</li> <li>• Trivia Time</li> <li>• Bingo</li> <li>• Table Top Games/Crafts</li> </ul>
<p>9 <b>ARTFUL ENGAGEMENT 10AM</b> Afternoon Activities</p> <p><b>VNA MUSIC THERAPY 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Marbles &amp; Colorful Cans</li> <li>• Table Top Activities</li> <li>• Free Choice &amp; Reading Corner</li> </ul>	<p>10 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Baseball &amp; Colorful Cans</li> <li>• Beach Ball Volleyball</li> <li>• Bingo</li> <li>• Puzzles &amp; Reading Corner</li> </ul>	<p>11 Afternoon Activities</p> <p><b>MUSIC W/ HOBO JIM 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Table Top Games</li> <li>• 52 Weeks of Trivia</li> <li>• Beading Activities</li> <li>• Reading Corner</li> </ul>	<p>12 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Bodies in Motion Exercise</li> <li>• Axe Throw Game &amp; Darts</li> <li>• Free Choice Floor Game</li> <li>• Talk Show</li> <li>• Adult Coloring Corner</li> </ul>	<p>13 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Weekend Warm-up Exercise</li> <li>• Group Choice Floor Game</li> <li>• Family Feud</li> <li>• Bingo</li> <li>• Table Top Games/Crafts</li> </ul>
<p>16 <b>ARTFUL ENGAGEMENT 10AM</b> Afternoon Activities</p> <p><b>Closing at 1pm!!!</b></p> <p><b>No Afternoon Activities!!!!</b></p>	<p>17 Afternoon Activities</p> <p><b>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Table Top Bowling</li> <li>• Skee Ball &amp; Horseshoes</li> <li>• Seasonal Bingo</li> </ul>	<p>18 Afternoon Activities</p> <p><b>MUSIC W/ HOBO JIM 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Table Top Games</li> <li>• 4 Seasons of Trivia</li> <li>• Beading Activities</li> <li>• Reading Corner</li> </ul>	<p>19 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Bodies in Motion Exercise</li> <li>• Bulls Eye &amp; Kickball</li> <li>• Free Choice Floor Game</li> <li>• Make Your Point</li> <li>• Adult Coloring Corner</li> </ul>	<p>20 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Weekend Warm-up Exercise</li> <li>• Group Choice Floor Game</li> <li>• Trivia Time</li> <li>• Bingo</li> <li>• Table Top Games/Crafts</li> </ul>
<p>23 <b>ARTFUL ENGAGEMENT 10AM</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Kickball &amp; Feed the Fish</li> <li>• Jeopardy</li> <li>• Table Top Activities</li> <li>• Free Choice &amp; Reading Corner</li> </ul>	<p>24 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Axe Throw Game</li> <li>• Beach Ball Volleyball</li> <li>• Bingo</li> <li>• Puzzles &amp; Reading Corner</li> </ul>	<p>25 Afternoon Activities</p> <p><b>MUSIC W/ HOBO JIM 1:30PM</b></p> <ul style="list-style-type: none"> <li>• Table Top Games</li> <li>• Know It All Trivia</li> <li>• Beading Activities</li> <li>• Reading Corner</li> </ul>	<p>26 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Bodies in Motion Exercise</li> <li>• Parachute &amp; Basketball</li> <li>• Free Choice Floor Game</li> <li>• Scene It</li> <li>• Adult Coloring Corner</li> </ul>	<p>27 Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Weekend Warm-up Exercise</li> <li>• Group Choice Floor Game</li> <li>• Alphabet Antics</li> <li>• Bingo</li> <li>• Table Top Games/Crafts</li> </ul>
<p>23 <b>ARTFUL ENGAGEMENT 10AM</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Balloon Swat &amp; Kickball</li> <li>• Price is Right</li> <li>• Table Top Activities</li> <li>• Free Choice &amp; Reading Corner</li> </ul>				