

September 2024 Vero Beach

Adult Enrichment & Respite Center
Monday – Friday 7:30 am – 5:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed for Holiday</p>	<p>3 <i>PET THERAPY 10AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Tulip Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring 	<p>4 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> • Bodies in Motion • Axe Throw • Table Top Activities & Trivia • Crosswords & Coloring 	<p>5 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>6 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Pin Drop & Dice Game • Bingo • Table Top Activities & Trivia • Crosswords & Coloring
<p>9 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • Alphabet Antics • Crosswords & Coloring • Reading Corner 	<p>10 <i>PET THERAPY 10AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Balloon Swat • Trivia Bingo • Free Choice Floor Game • Crosswords & Coloring 	<p>11 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion • Splattered Paint Beanbag Toss • Kick Ball • Table Top Activities & Trivia • Crosswords & Coloring 	<p>12 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>13 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Colorful Cans & Ring Toss • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
<p>16 Afternoon Activities</p> <p>Closing at 1:30 pm!!!</p> <p>No Afternoon Activities!!!!</p>	<p>17 <i>PET THERAPY 10AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Sticky Ball Target Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring 	<p>18 <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"> • Bodies in Motion • Ring around the Cone • Table Top Activities & Trivia • Crosswords & Coloring 	<p>19 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>20 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Bowling Blast & Kickball • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
<p>23 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • 12 Months of Trivia • Crosswords & Coloring • Reading Corner 	<p>24 <i>PET THERAPY 10AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Pin Drop • Seasonal Bingo • Free Choice Floor Game • Crosswords & Coloring 	<p>25 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion • Smile Bean Bag Toss • Kickball • Table Top Activities & Trivia • Crosswords & Coloring 	<p>26 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>27 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Axe Throw & Balloon Swat • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
<p>30 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Chair Aerobics • Table Top Activities • 52 weeks of Trivia • Crosswords & Coloring • Reading Corner 				



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

Location:
686 14th Street
Vero Beach, FL 32960

Main: 772.569.0760 ext.113
Transport: 772.569.0903

SeniorResourceAssociation.org