

October 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 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Balloon Parachute • October Bingo • Puzzles & Reading Corner 	2 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 	3 Afternoon Activities <i>NUTRITION EDUCATION W/ TC FOOD BANK 1:30PM</i> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Balloon Swat & Cornhole • Free Choice Floor Game • Adult Coloring Corner 	4 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
7 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Marbles & Dice Throw Game • Family Feud • Table Top Activities • Free Choice & Reading Corner 	8 Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> • Fitness Fun • Baseball & Colorful Cans • Beach Ball Volleyball • Bingo • Puzzles & Reading Corner 	9 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 	10 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Free Choice Floor Game • Talk Show • Adult Coloring Corner 	11 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Family Feud • Bingo • Table Top Games/Crafts
14 <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 	15 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 • Seasonal Bingo • Puzzles & Reading Corner 	16 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 	17 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye & Kickball • Free Choice Floor Game • Make Your Point • Adult Coloring Corner 	18 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
21 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Kickball & Feed the Fish • Jeopardy • Table Top Activities • Free Choice & Reading Corner 	22 Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> • Fitness Fun • Axe Throw Game • Beach Ball Volleyball • Bingo • Puzzles & Reading Corner 	23 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 	24 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute & Basketball • Free Choice Floor Game • Scene It • Adult Coloring Corner 	25 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Alphabet Antics • Bingo • Table Top Games/Crafts
28 <i>ARTFUL ENGAGEMENT 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Light & Lively Exercise • Balloon Swat & Kickball • Price is Right • Table Top Activities • Free Choice & Reading Corner 	29 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Balloon Parachute • October Bingo • Puzzles & Reading Corner 	30 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 	31 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 	