

October 2024 Vero Beach DayAway

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>PET THERAPY 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Tulip Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring 	2 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion • Axe Throw • Bean Bag Toss • Table Top Activities & Trivia • Crosswords & Coloring 	3 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	4 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Pin Drop & Dice Game • Bingo • Table Top Activities & Trivia • Crosswords & Coloring
7 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 	8 <i>PET THERAPY 10AM</i> Afternoon Activities <i>MUSIC THERAPY W/VNA 1:30PM</i> <ul style="list-style-type: none"> • Fitness Fun • Balloon Swat • Trivia Bingo • Free Choice Floor Game 	9 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <i>NUTRITION EDUCATION W/TC FOODBANK 1:30PM</i> <ul style="list-style-type: none"> • Bodies in Motion • Splattered Paint Beanbag Toss • Kick Ball • Table Top Activities & Trivia 	10 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	11 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
14 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 	15 <i>PET THERAPY 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Sticky Ball Target Toss • Bingo • Free Choice Floor Game • Crosswords & Coloring 	16 <i>ARTFUL ENGAGEMENT 10 AM</i> 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 	17 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	18 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Bowling Blast & Kickball • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
21 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 	22 <i>PET THERAPY 10AM</i> Afternoon Activities <i>MUSIC THERAPY W/VNA 1:30PM</i> <ul style="list-style-type: none"> • Fitness Fun • Pin Drop • Seasonal Bingo • Free Choice Floor Game 	23 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion • Smile Bean Bag Toss • Kickball • Table Top Activities & Trivia • Crosswords & Coloring 	24 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	25 Afternoon Activities <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Axe Throw & Balloon Swat • Bingo • Table Top Activities & Trivia • Crosswords & Coloring • Reading Corner
28 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 	29 <i>PET THERAPY 10AM</i> Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Balloon Swat • Trivia Bingo • Free Choice Floor Game • Crosswords & Coloring 	30 <i>ARTFUL ENGAGEMENT 10 AM</i> Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion • Splattered Paint Beanbag Toss • Kick Ball • Table Top Activities & Trivia • Crosswords & Coloring 	31 Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Light & Lively Exercise • Table Top Activities • Magic Table • 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

Activities subject to change

Location:
686 14th Street
Vero Beach, FL 32960

Main: 772.569.0760 ext.113
Transport: 772.569.0903

SeniorResourceAssociation.org