

November 2021 Sebastian DayAway

Adult Enrichment & Respite Center
Monday – Friday 8:30 a.m. — 4:30 p.m.



Senior Resource
ASSOCIATION

Promoting Independence in our Community

Morning Programs

8:30-11:30 am

News and Nibble Café
Sit & Get Fit Exercise
Brain Games
Trivia
Tabletop Games
Floor Games
Outdoor Reflection
Bingo

Lunch: 11:30 am—12:00 pm
PM Snack 2:30pm

Rest Period/ Movie Matinee
12:00pm-1:30pm

Afternoon Program:
1:30pm –4:30pm

Activities subject to change
without notice

Location:
815 Davis Street
Sebastian, FL 32958

Direct : 772.469.3159
Main: 772.569.0760 ext.310
Transport: 772.569.0903

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 MUSIC & MOVEMENT CLASS 9AM ARTFUL ENGAGEMENT 10AM Afternoon Activities</p> <ul style="list-style-type: none"> • Afternoon Exercises • Name That Tune • My Autobiography • Bingo 	<p>2 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Fishing & Jumbo Bowling • Jumbo Target Ring Toss • Bingo • Garden Grow • Puzzles & Coloring Corner 	<p>3 Afternoon Activities BASKET WEAVING</p> <ul style="list-style-type: none"> • Adult Coloring Corner • Bingo • Sit & Stretch Exercise • Beading • Member's Choice Activity 	<p>4 Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Craft with Beads • Feed the Frog & Colorful Cans • Corn Hole & Volleyball • Sing a Song • Puzzle Time & Reading Corner 	<p>5 Afternoon Activities SENIORS EATING WELL W/ CHELSEA 1:30PM</p> <ul style="list-style-type: none"> • Ready for the Weekend Exercise • Alphabet Antics • Group Choice Floor Game • Golf & Bean Bag Toss • Free Choice & Reading Corner
<p>8 MUSIC & MOVEMENT CLASS 9AM ARTFUL ENGAGEMENT 10AM Afternoon Activities</p> <ul style="list-style-type: none"> • Afternoon Exercises • Name That Tune • My Autobiography 	<p>9 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Baseball & Sing-a-Long • Skee Ball & Football • Garden Grow • Bingo • Puzzles & Coloring Corner 	<p>10 Afternoon Activities PATRIOTIC SUN CATCHERS</p> <ul style="list-style-type: none"> • Adult Coloring Corner • Bingo • Sit & Stretch Exercise • Member's Choice • Patriotic Music 	<p>11 Veterans Day</p> <p style="font-size: 2em; opacity: 0.5; text-align: center;">closed</p>	<p>12 Afternoon Activities SENIORS EATING WELL W/ CHELSEA 1:30PM</p> <ul style="list-style-type: none"> • Ready for the Weekend Exercise • Basketball & Baseball • Ring Around the Cone • Jeopardy & Talk Show Trivia
<p>15 MUSIC & MOVEMENT CLASS 9AM ARTFUL ENGAGEMENT 10AM Afternoon Activities</p> <ul style="list-style-type: none"> • Afternoon Exercises • Name That Tune • My Autobiography • Member's Council Meeting • Beading 	<p>16 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Golf • Popcorn Toss & Parachute • Garden Grow • September Bingo • Puzzles & Coloring Corner 	<p>17 Afternoon Activities NAPKIN RINGS</p> <ul style="list-style-type: none"> • Adult Coloring Corner • Bingo • Reminisce • Sit & Stretch Exercise • Beading • Member's Choice Activity 	<p>18 Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Craft with Beads • Free Choice Floor Game • Sing a Song • Marbles & Hula-hoop Game • Cards • Puzzle Time & Reading Corner 	<p>19 Afternoon Activities</p> <ul style="list-style-type: none"> • Ready for the Weekend Exercise • Big Mouth Bass & Kickball • Popcorn Toss & Corn Hole • Wheel of Fortune • Free Choice & Reading Corner • Bingo • Garden Grow
<p>22 MUSIC & MOVEMENT CLASS 9AM ARTFUL ENGAGEMENT 10AM Afternoon Activities</p> <ul style="list-style-type: none"> • Afternoon Exercises • Name That Tune • My Autobiography • Bingo 	<p>23 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Fishing & Jumbo Bowling • Jumbo Target Ring Toss • Bingo • Garden Grow • Puzzles & Coloring Corner 	<p>24 Afternoon Activities THANKFUL JARS</p> <ul style="list-style-type: none"> • Adult Coloring Corner • Bingo • Sit & Stretch Exercise • Cards • Member's Choice Activity 	<p>25 Thanksgiving</p> <p style="font-size: 2em; opacity: 0.5; text-align: center;">closedclosed</p>	<p>26</p>
<p>29 MUSIC & MOVEMENT CLASS 9AM ARTFUL ENGAGEMENT 10AM Afternoon Activities</p> <ul style="list-style-type: none"> • Afternoon Exercises • Name That Tune • Winter Trivia • Whose Line 	<p>30 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Parachute & Kickball • Group Choice Floor Game • Garden Grow • Seasonal Bingo • Puzzles & Coloring Corner 			