

November 2024 Vero Beach DayAway

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Pin Drop & Dice Game Bingo Table Top Activities & Trivia Crosswords & Coloring
4 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 	5 <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 	6 <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 	7 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 	8 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
11 Closed for Holiday	12 <i>PET THERAPY 10AM</i> Afternoon Activities <i>MUSIC THERAPY W/VNA 1:30PM</i> <ul style="list-style-type: none"> Fitness Fun Sticky Ball Target Toss Bingo Free Choice Floor Game 	13 <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 Ring around the Cone Table Top Activities & Trivia Crosswords & Coloring 	14 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 	15 Afternoon Activities <ul style="list-style-type: none"> Weekend Warm-up Exercise Bowling Blast & Kickball Bingo Table Top Activities & Trivia Crosswords & Coloring Reading Corner
18 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 	19 <i>PET THERAPY 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Pin Drop Seasonal Bingo Free Choice Floor Game Crosswords & Coloring 	20 <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 Smile Bean Bag Toss Kickball Table Top Activities & Trivia 	21 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 	22 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
25 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 	26 <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 	27 <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 	28 Closed for Holiday	29 Closed for Holiday



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