

February 2025 Sebastian DayAway

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Marbles & Dice Throw Game • Family Feud • Table Top Activities • Free Choice & Reading Corner 	<p>4 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Baseball & Colorful Cans • Beach Ball Volleyball • Bingo • Puzzles & Reading Corner 	<p>5 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 52 Weeks of Trivia • Beading Activities • Reading Corner 	<p>6 <i>PET THERAPY 9:45AM</i></p> <p>Afternoon Activities</p> <p><i>NUTRITION EDUCATION W/ TC FOOD BANK 1:30PM</i></p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Free Choice Floor Game • Talk Show • Adult Coloring Corner 	<p>7 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Family Feud • Bingo • Table Top Games/Crafts
<p>10 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Bulls Eye Toss & Darts • Wheel of Fortune • Table Top Activities • Free Choice & Reading Corner 	<p>11 Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Table Top Bowling • Skee Ball & Horseshoes • Seasonal Bingo • Puzzles & Reading Corner 	<p>12 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 4 Seasons of Trivia • Beading Activities • Reading Corner 	<p>13 <i>PET THERAPY 9:45AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye & Kickball • Free Choice Floor Game • Make Your Point • Adult Coloring Corner 	<p>14 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
<p>17</p> <p>Closed for Holiday</p>	<p>18 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <p><i>BITES OF WISDOM WITH FLORIDA HEALTH 1:30PM</i></p> <ul style="list-style-type: none"> • Fitness Fun • Axe Throw Game • Beach Ball Volleyball • Bingo • Puzzles & Reading Corner 	<p>19 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • Know It All Trivia • Beading Activities • Reading Corner 	<p>20 <i>PET THERAPY 9:45AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute & Basketball • Free Choice Floor Game • Scene It • Adult Coloring Corner 	<p>21 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Alphabet Antics • Bingo • Table Top Games/Crafts
<p>24 <i>ARTFUL ENGAGEMENT 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Balloon Swat & Kickball • Price is Right • Table Top Activities • Free Choice & Reading Corner 	<p>25 Afternoon Activities</p> <p><i>VNA MUSIC THERAPY 1:30PM</i></p> <ul style="list-style-type: none"> • Fitness Fun • Fishing & Bowling Blast • Balloon Parachute • February Bingo • Puzzles & Reading Corner 	<p>26 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games • 12 Months of Trivia • Beading Activities • Reading Corner 	<p>27 <i>PET THERAPY 9:45AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Free Choice Floor Game • Talk Show • Adult Coloring Corner 	<p>28 Afternoon Activities</p> <ul style="list-style-type: none"> • Weekend Warm-up Exercise • Group Choice Floor Game • Name that Tune • Bingo • Table Top Games/Crafts



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