

March 2025 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
Chair Aerobics
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
<p>3 <i>VB MUSEUM OF ART 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 <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games & 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 • Adult Coloring Corner 	<p>7 Afternoon Activities</p> <ul style="list-style-type: none"> • Chair Yoga • Group Choice Floor Game • 52 Weeks of Trivia • Bingo • Table Top Games/Crafts
<p>10 <i>VB MUSEUM OF ART 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 <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games & 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 • Adult Coloring Corner 	<p>14 Afternoon Activities</p> <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Group Choice Floor Game • Alphabet Antics • Bingo • Table Top Games/Crafts
<p>17 <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Kickball & Feed the Fish • Jeopardy • Table Top Activities • Free Choice & Reading Corner 	<p>18 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 <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games & 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 • Adult Coloring Corner 	<p>21 Afternoon Activities</p> <ul style="list-style-type: none"> • Chair Yoga • Group Choice Floor Game • Trivia Time • Bingo • Table Top Games/Crafts
<p>24 <i>VB MUSEUM OF ART 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 • March Bingo • Puzzles & Reading Corner 	<p>26 <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Games & 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 • Adult Coloring Corner 	<p>28 Afternoon Activities</p> <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Group Choice Floor Game • Name that Tune • Bingo • Table Top Games/Crafts
<p>31 <i>VB MUSEUM OF ART 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 				