

May 2025 Sebastian DayAway

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>PET THERAPY 9:45AM</i> Afternoon Activities <i>NUTRITION EDUCATION W/ TC FOOD BANK 1:30PM</i> <ul style="list-style-type: none"> Bodies in Motion Exercise Axe Throw Game & Darts Free Choice Floor Game Adult Coloring Corner 	2 Afternoon Activities <ul style="list-style-type: none"> Sit & Get Fit Exercise Group Choice Floor Game Trivia Time Bingo Table Top Games/Crafts
5 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Light & Lively Exercise Bulls Eye Toss & Darts Wheel of Fortune Table Top Activities Free Choice & Reading Corner 	6 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Popcorn Toss Skee Ball & Horseshoes Seasonal Bingo Puzzles & Reading Corner 	7 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games & Trivia Beading Activities Reading Corner 	8 <i>PET THERAPY 9:45AM</i> Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Bulls Eye & Kickball Free Choice Floor Game Adult Coloring Corner 	9 Afternoon Activities <ul style="list-style-type: none"> Sit & Get Fit Exercise Group Choice Floor Game Alphabet Antics Bingo Table Top Games/Crafts
12 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Light & Lively Exercise Kickball & Feed the Fish Jeopardy Table Top Activities Free Choice & Reading Corner 	13 Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> Fitness Fun Axe Throw Game Bingo Puzzles & Reading Corner 	14 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games & Trivia Beading Activities Reading Corner 	15 <i>PET THERAPY 9:45AM</i> Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Parachute & Basketball Free Choice Floor Game Adult Coloring Corner 	16 Afternoon Activities <ul style="list-style-type: none"> Sit & Get Fit Exercise Group Choice Floor Game Trivia Time Bingo Table Top Games/Crafts
19 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <ul style="list-style-type: none"> Light & Lively Exercise Balloon Swat & Kickball Price is Right Table Top Activities Free Choice & Reading Corner 	20 Afternoon Activities <ul style="list-style-type: none"> Fitness Fun Fishing & Bowling Blast Balloon Parachute May Bingo Puzzles & Reading Corner 	21 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games & Trivia Beading Activities Reading Corner 	22 <i>PET THERAPY 9:45AM</i> Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Corn Hole & Bean Bag Toss Free Choice Floor Game Adult Coloring Corner 	23 Afternoon Activities <ul style="list-style-type: none"> Sit & Get Fit Exercise Group Choice Floor Game Name that Tune Bingo Table Top Games/Crafts
26 Closed for Holiday	27 Afternoon Activities <i>VNA MUSIC THERAPY 1:30PM</i> <ul style="list-style-type: none"> Fitness Fun Colorful Cans Seasonal Bingo Puzzles & Reading Corner 	28 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> Table Top Games & Trivia Beading Activities Reading Corner 	29 <i>PET THERAPY 9:45AM</i> Afternoon Activities <ul style="list-style-type: none"> Bodies in Motion Exercise Bulls Eye & Kickball Free Choice Floor Game Adult Coloring Corner 	30 Afternoon Activities <ul style="list-style-type: none"> Sit & Get Fit Exercise Group Choice Floor Game Trivia Time 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
 Chair Aerobics
 Chair Yoga
 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

Location:

815 Davis Street
 Sebastian, FL 32958

Main: 772.569.0760 ext.310

Transport: 772.569.0903

SeniorResourceAssociation.org