

# July 2025 Vero Beach DayAway

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



Senior Resource  
ASSOCIATION

*Promoting Independence in Our Community*

**Morning Programs:**  
8:30 am -11:30 am

Morning Mingle & Coffee  
News & Review  
Chair Aerobics  
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 - 5:30 pm

*Activities subject to change  
without notice*

**Location:**  
686 14th Street  
Vero Beach, FL 32960

**Main: 772.569.0760 ext.113**  
**Transport: 772.569.0903**

SeniorResourceAssociation.org

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   | <b>1</b> <i>PET THERAPY 10AM</i><br><i>VB ART CLUB 10 :30AM</i><br>Afternoon Activities<br><i>NUTRITION EDUCATION</i><br><i>W/TC FOODBANK 1:30PM</i> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Balloon Swat</li> <li>• Trivia Bingo</li> <li>• Crosswords &amp; Coloring</li> </ul> | <b>2</b> <i>VB MUSEUM OF ART 10AM</i><br>Afternoon Activities <ul style="list-style-type: none"> <li>• Sit &amp; Get Fit Exercise</li> <li>• Splattered Paint Beanbag Toss</li> <li>• Tic Tac Toe Toss</li> <li>• Table Top Activities &amp; Coloring</li> <li>• Crosswords, Coloring, &amp; Reading</li> </ul>                | <b>3</b> Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Magic Table</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>   | <b>4</b><br><b>Closed for Holiday</b>  |
| <b>7</b> Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Alphabet Antics</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>                                 | <b>8</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities<br><i>MUSIC THERAPY</i><br><i>W/VNA 1:30PM</i> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Flickin Chicken</li> <li>• Free Choice Floor Game</li> <li>• Crosswords &amp; Coloring</li> </ul>                                 | <b>9</b> <i>VB MUSEUM OF ART 10AM</i><br>Afternoon Activities<br><i>MOVEMENT IN THE MOMENT</i><br><i>W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> <li>• Bean Bag Bucketz</li> <li>• Kick Ball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords, Coloring, &amp; Reading</li> </ul>      | <b>10</b> Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Magic Table</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>  | <b>11</b> <i>VB ART CLUB 10 AM</i><br>Afternoon Activities<br><i>NUTRITION EDUCATION</i><br><i>W/JERICA 2PM</i> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Ring Toss &amp; Basketball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords &amp; Coloring</li> </ul>    |
| <b>14</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• 12 Months of Trivia</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul> | <b>15</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Tulip Toss</li> <li>• Bingo</li> <li>• Table Top Activities</li> <li>• Crosswords &amp; Coloring</li> </ul>   | <b>16</b> <i>VB MUSEUM OF ART 10AM</i><br>Afternoon Activities<br><i>MOVEMENT IN THE MOMENT</i><br><i>W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> <li>• Twister Toss</li> <li>• Kick Ball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords, Coloring, &amp; Reading</li> </ul>         | <b>17</b> Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Magic Table</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>  | <b>18</b> <i>VB ART CLUB 10 AM</i><br>Afternoon Activities<br><i>ACCORDION MUSIC</i><br><i>W/THOM 1:30PM</i> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Colorful Cans &amp; Axe Throw</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords &amp; Coloring</li> </ul>    |
| <b>21</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• 52 weeks of Trivia</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>  | <b>22</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities<br><i>MUSIC THERAPY</i><br><i>W/VNA 1:30PM</i> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Tic Tac Toe Toss</li> <li>• Free Choice Floor Game</li> <li>• Crosswords &amp; Coloring</li> </ul>                               | <b>23</b> <i>VB MUSEUM OF ART 10AM</i><br>Afternoon Activities<br><i>MOVEMENT IN THE MOMENT</i><br><i>W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> <li>• Smile Bean Bag Toss</li> <li>• Kickball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords, Coloring, &amp; Reading</li> </ul>   | <b>24</b> <i>BITES OF WISDOM WITH</i><br><i>FLORIDA HEALTH 10AM</i><br>Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Magic Table</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul> | <b>25</b> <i>VB ART CLUB 10 AM</i><br>Afternoon Activities<br><i>ACCORDION MUSIC</i><br><i>W/THOM 1:30PM</i> <ul style="list-style-type: none"> <li>• Light &amp; Lively Exercise</li> <li>• Flickin Chicken &amp; Basketball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords &amp; Coloring</li> </ul> |
| <b>28</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Trivia Talk</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>         | <b>29</b> <i>PET THERAPY 10AM</i><br>Afternoon Activities <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Bean Bag Bucketz</li> <li>• July Bingo</li> <li>• Free Choice Floor Game</li> <li>• Crosswords &amp; Coloring</li> </ul>  | <b>30</b> <i>VB MUSEUM OF ART 10AM</i><br>Afternoon Activities<br><i>MOVEMENT IN THE MOMENT</i><br><i>W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> <li>• Ring Around the Cone</li> <li>• Kick Ball</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Crosswords, Coloring, &amp; Reading</li> </ul> | <b>31</b> Afternoon Activities<br><i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> <li>• Table Top Activities</li> <li>• Magic Table</li> <li>• Crosswords &amp; Coloring</li> <li>• Reading Corner</li> </ul>  |  |