

October 2025 Sebastian

Day Away

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1 VB ART CLUB 10AM Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games & Trivia • Beads & Beyond • Piece by Piece & Colorful Too 	2 PET THERAPY 9:45AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Pick & Play • Creative Corner 	3 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
6 VB MUSEUM OF ART 10AM Afternoon Activities MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM <ul style="list-style-type: none"> • Bulls Eye Toss & Kickball • Table Top Activities & Trivia 	7 Afternoon Activities NUTRITION EDUCATION W/ JERICA 2PM <ul style="list-style-type: none"> • Fitness Fun • Twister Toss • Trivia Bingo • Table Top Fun with Friends 	8 VB ART CLUB 10AM Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games & Trivia • Beads & Beyond • Piece by Piece & Colorful Too 	9 PET THERAPY 9:45AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye & Colorful Cans • Pick & Play • Creative Corner 	10 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
13 VB MUSEUM OF ART 10AM Afternoon Activities MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM <ul style="list-style-type: none"> • Feed the Fish & Kickball • Table Top Activities & Trivia 	14 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Corn Hole • Bean Bag Bucketz • October Bingo • Table Top Fun with Friends 	15 VB ART CLUB 10AM Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games & Trivia • Beads & Beyond • Piece by Piece & Colorful Too 	16 PET THERAPY 9:45AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute & Bean Bag Toss • Free Choice Floor Game • Adult Coloring Corner 	17 DOH BITES OF WISDOM 10AM Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
20 VB MUSEUM OF ART 10AM Afternoon Activities MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM <ul style="list-style-type: none"> • Balloon Swat & Kickball • Table Top Activities & Trivia 	21 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Tic Tac Toe Toss • Bowling Blast • Bingo • Table Top Fun with Friends 	22 VB ART CLUB 10AM Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games & Trivia • Beads & Beyond • Piece by Piece & Colorful Too 	23 PET THERAPY 9:45AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Balloon Swat & Basketball • Pick & Play • Creative Corner 	24 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
27 VB MUSEUM OF ART 10AM Afternoon Activities MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM <ul style="list-style-type: none"> • Dice Throw Game & Kickball • Table Top Activities & Trivia 	28 Afternoon Activities VNA MUSIC THERAPY 1:30PM <ul style="list-style-type: none"> • Fitness Fun • Flickin' Chicken • Bingo • Table Top Fun with Friends 	29 VB ART CLUB 10AM Afternoon Activities MUSIC W/ HOBO JIM 1:30PM <ul style="list-style-type: none"> • Table Top Games & Trivia • Beads & Beyond • Piece by Piece & Colorful Too 	30 PET THERAPY 9:45AM Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Pick & Play • Creative Corner 	31 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor



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