## November 2025 Sebastian



**Adult Enrichment & Respite Center** Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	
3 VB MUSEUM OF ART 10AM	4 Afternoon Activities	5 VB ART CLUB 10AM	6 PET THERAPY 9:45AM	7 Afternoon Activities	Senior R
Afternoon Activities	• Fitness Fun	Afternoon Activities	Afternoon Activities	TC FOOD BANK NUTRITION	ASSOC
MOVEMENT IN THE MOMENT	Twister Toss	MUSIC W/ HOBO JIM 1:30PM	Attenioun Activities	EDUCATION 1:30PM	Promoting Independe
W/ VB MUSEUM OF ART 1:30PM	• Corn Hole		Bodies in Motion Exercise	Sit & Get Fit Exercise	Morning
Dice Throw Game	<ul><li>Trivia Bingo</li><li>Table Top Fun with Friends</li></ul>	<ul><li>Table Top Games &amp; Trivia</li><li>Beads &amp; Beyond</li></ul>	Bulls Eye     Colorful Cans	Choose Your Challenge	
Kickball	- rable rop rail with rhends	Piece by Piece & Colorful Too	• Pick & Play	Bingo	8:30 am
• Table Top Activities & Trivia		,	Creative Corner	Moments in Watercolor	Morning Mingle &
10 VB MUSEUM OF ART 10AM	11	12 VB ART CLUB 10AM	12 057 7/504040 45444	14 VNA MUSIC THERAPY 10AM	News & Review
TO VB MOSEUM OF ART TOAM	11	12 VB AKT CLUB TUAM	13 РЕТ ТНЕКАРУ 9:45АМ	14 VNA MUSIC THERAPY TUAM	Chair Aerobics
Afternoon Activities		Afternoon Activities	Afternoon Activities	Afternoon Activities	Chair Yoga
MOVEMENT IN THE MOMENT	Closed for Holiday	MUSIC W/ HOBO JIM 1:30PM	Bodies in Motion Exercise	Sit & Get Fit Exercise	Brain Games Arts & Crafts
W/ VB MUSEUM OF ART 1:30PM	,	• Table Top Games & Trivia	Parachute	Choose Your Challenge	Tabletop Games
• Feed the Fish		Beads & Beyond	Bean Bag Toss	Trivia Time	Floor Games
Kickball		Piece by Piece & Colorful Too	• Free Choice Floor Game	Bingo	Patio Fun
Table Top Activities & Trivia			Adult Coloring Corner	Moments in Watercolor	
17 VB MUSEUM OF ART 10AM	18 Afternoon Activities	19 VB ART CLUB 10AM	20 <b>PET THERAPY 9:45AM</b>	21 DOH BITES OF WISDOM	Lunch: 11:30 an PM Snack
				10AM	FIVI SHACE
Afternoon Activities	• Fitness Fun	Afternoon Activities	Afternoon Activities	Afternoon Activities	
MOVEMENT IN THE MOMENT	<ul><li>Tic Tac Toe Toss</li><li>Bowling Blast</li></ul>	MUSIC W/ HOBO JIM 1:30PM	Bodies in Motion Exercise	Sit & Get Fit Exercise	Rest Period/N
W/ VB MUSEUM OF ART 1:30PM	November Bingo	Table Top Games & Trivia	Bean Bag Bucketz	Choose Your Challenge	12:00 pm
Balloon Swat	Table Top Fun with Friends	Beads & Beyond	Corn Hole	Alphabet Antics     Bings	
Kickball		Piece by Piece & Colorful Too	• Pick & Play	<ul><li>Bingo</li><li>Moments in Watercolor</li></ul>	Afternoon
Table Top Activities & Trivia			Creative Corner		1:30 pm -
24 VB MUSEUM OF ART 10AM	25 Afternoon Activities	26 VB ART CLUB 10AM	27	28	1.50 pm
Afternoon Activities	• Fitness Fun	Afternoon Activities			Location:
MOVEMENT IN THE MOMENT	• Flickin' Chicken	MUSIC W/ HOBO JIM 1:30PM			815 Davis Street
W/ VB MUSEUM OF ART 1:30PM	Basketball	IVIOSIC W/ HOBO JIIVI 1:30PIVI	Closed for Holiday	Closed for Holiday	Sebastian, FL 329
	• Bingo	• Table Top Games & Trivia			Main: 772.569.0
Bulls Eye Toss     Kickball	Table Top Fun with Friends	Beads & Beyond      Biasa by Biasa & Colorful Too			Transport: 772.5
Table Top Activities & Trivia		Piece by Piece & Colorful Too			
·					SeniorResourceAs



lence in Our Community

## Programs:

-11:30 am

& Coffee

am—12:00 pm ck: 2:30 pm

**Movie Matinee** m -1:30 pm

n Programs:

- 4:30 pm

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0760 ext.310 .569.0903

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