

November 2025 Sebastian



Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> - Dice Throw Game - Kickball - Table Top Activities & Trivia	4 Afternoon Activities - Fitness Fun - Twister Toss - Corn Hole - Trivia Bingo - Table Top Fun with Friends	5 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> - Table Top Games & Trivia - Beads & Beyond - Piece by Piece & Colorful Too	6 <i>PET THERAPY 9:45AM</i> Afternoon Activities - Bodies in Motion Exercise - Bulls Eye - Colorful Cans - Pick & Play - Creative Corner	7 Afternoon Activities <i>TC FOOD BANK NUTRITION EDUCATION 1:30PM</i> - Sit & Get Fit Exercise - Choose Your Challenge - Bingo - Moments in Watercolor
10 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> - Feed the Fish - Kickball - Table Top Activities & Trivia	11 Closed for Holiday	12 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> - Table Top Games & Trivia - Beads & Beyond - Piece by Piece & Colorful Too	13 <i>PET THERAPY 9:45AM</i> Afternoon Activities - Bodies in Motion Exercise - Parachute - Bean Bag Toss - Free Choice Floor Game - Adult Coloring Corner	14 <i>VNA MUSIC THERAPY 10AM</i> Afternoon Activities - Sit & Get Fit Exercise - Choose Your Challenge - Trivia Time - Bingo - Moments in Watercolor
17 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> - Balloon Swat - Kickball - Table Top Activities & Trivia	18 Afternoon Activities - Fitness Fun - Tic Tac Toe Toss - Bowling Blast - November Bingo - Table Top Fun with Friends	19 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> - Table Top Games & Trivia - Beads & Beyond - Piece by Piece & Colorful Too	20 <i>PET THERAPY 9:45AM</i> Afternoon Activities - Bodies in Motion Exercise - Bean Bag Bucketz - Corn Hole - Pick & Play - Creative Corner	21 <i>DOH BITES OF WISDOM 10AM</i> Afternoon Activities - Sit & Get Fit Exercise - Choose Your Challenge - Alphabet Antics - Bingo - Moments in Watercolor
24 <i>VB MUSEUM OF ART 10AM</i> Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> - Bulls Eye Toss - Kickball - Table Top Activities & Trivia	25 Afternoon Activities - Fitness Fun - Flickin' Chicken - Basketball - Bingo - Table Top Fun with Friends	26 <i>VB ART CLUB 10AM</i> Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i> - Table Top Games & Trivia - Beads & Beyond - Piece by Piece & Colorful Too	27 Closed for Holiday	28 Closed for Holiday



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