

# December 2025 Sebastian

Day Away

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 VB MUSEUM OF ART 10AM</b>  <b>Afternoon Activities</b>  <b>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</b> <ul style="list-style-type: none"> <li>Balloon Swat &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<b>2 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Tic Tac Toe Toss</li> <li>Bowling Blast</li> <li>Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<b>3 VB ART CLUB 10AM</b>  <b>Afternoon Activities</b>  <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Table Top Games &amp; Trivia</li> <li>Beads &amp; Beyond</li> <li>Piece by Piece &amp; Colorful Too</li> </ul>	<b>4 PET THERAPY 9:45AM</b>  <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Axe Throw Game &amp; Darts</li> <li>Pick &amp; Play</li> <li>Creative Corner</li> </ul>	<b>5 Afternoon Activities</b>  <b>TC FOOD BANK NUTRITION EDUCATION 1:30PM</b> <ul style="list-style-type: none"> <li>Sit &amp; Get Fit Exercise</li> <li>Choose Your Challenge</li> <li>Bingo</li> <li>Moments in Watercolor</li> </ul>
<b>8 VB MUSEUM OF ART 10AM</b>  <b>Afternoon Activities</b>  <b>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</b> <ul style="list-style-type: none"> <li>Bulls Eye Toss &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<b>9 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Pin Drop</li> <li>Twister Toss</li> <li>Trivia Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<b>10 VB ART CLUB 10AM</b>  <b>Afternoon Activities</b>  <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Table Top Games &amp; Trivia</li> <li>Beads &amp; Beyond</li> <li>Piece by Piece &amp; Colorful Too</li> </ul>	<b>11 PET THERAPY 9:45AM</b>  <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Bulls Eye &amp; Colorful Cans</li> <li>Pick &amp; Play</li> <li>Creative Corner</li> </ul>	<b>12 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Sit &amp; Get Fit Exercise</li> <li>Choose Your Challenge</li> <li>Alphabet Antics</li> <li>Bingo</li> <li>Moments in Watercolor</li> </ul>
<b>15 VB MUSEUM OF ART 10AM</b>  <b>Afternoon Activities</b>  <b>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</b> <ul style="list-style-type: none"> <li>Feed the Fish &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<b>16 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Corn Hole</li> <li>Bean Bag Bucketz</li> <li>December Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<b>17 VB ART CLUB 10AM</b>  <b>Afternoon Activities</b>  <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Table Top Games &amp; Trivia</li> <li>Beads &amp; Beyond</li> <li>Piece by Piece &amp; Colorful Too</li> </ul>	<b>18 PET THERAPY 9:45AM</b>  <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Parachute &amp; Bean Bag Toss</li> <li>Free Choice Floor Game</li> <li>Adult Coloring Corner</li> </ul>	<b>19 DOH BITES OF WISDOM 10AM</b> <b>Afternoon Activities</b> <ul style="list-style-type: none"> <li>Sit &amp; Get Fit Exercise</li> <li>Choose Your Challenge</li> <li>Trivia Time</li> <li>Bingo</li> <li>Moments in Watercolor</li> </ul>
<b>22 VB MUSEUM OF ART 10AM</b>  <b>Afternoon Activities</b>  <b>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</b> <ul style="list-style-type: none"> <li>Balloon Swat &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<b>23 Afternoon Activities</b>  <b>VNA MUSIC THERAPY 1:30PM</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Flickin' Chicken</li> <li>Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<b>24 VB ART CLUB 10AM</b>  <b>Afternoon Activities</b>  <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Table Top Games &amp; Trivia</li> <li>Beads &amp; Beyond</li> <li>Piece by Piece &amp; Colorful Too</li> </ul>	<b>25</b>  <b>Closed for Holiday</b>	<b>26</b>  <b>Closed for Holiday</b>
<b>29 VB MUSEUM OF ART 10AM</b>  <b>Afternoon Activities</b>  <b>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</b> <ul style="list-style-type: none"> <li>Dice Throw Game &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<b>30 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Tic Tac Toe Toss</li> <li>Bowling Blast</li> <li>Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<b>31 VB ART CLUB 10AM</b>  <b>Afternoon Activities</b>  <b>MUSIC W/ HOBO JIM 1:30PM</b> <ul style="list-style-type: none"> <li>Table Top Games &amp; Trivia</li> <li>Beads &amp; Beyond</li> <li>Piece by Piece &amp; Colorful Too</li> </ul>		



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**