

January 2026 Sebastian

Day Away

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed for Holiday	2 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
5 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 • Color & Company 	6 Afternoon Activities TC FOOD BANK NUTRITION EDUCATION 1:30PM <ul style="list-style-type: none"> • Fitness Fun • Twister Toss • Trivia Bingo • Table Top Fun with Friends 	7 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 	8 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye • Colorful Cans • Pick & Play • Creative Corner 	9 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
12 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 • Color & Company 	13 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Corn Hole • Bean Bag Bucketz • January Bingo • Table Top Fun with Friends 	14 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 	15 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute • Bean Bag Toss • Pick & Play • Adult Coloring Corner 	16 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
19 Closed for Holiday	20 Afternoon Activities <ul style="list-style-type: none"> • Fitness Fun • Tic Tac Toe Toss • Bowling Blast • Bingo • Table Top Fun with Friends 	21 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 	22 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game • Darts • Pick & Play • Creative Corner 	23 Afternoon Activities <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
26 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 • Color & Company 	27 Afternoon Activities VNA MUSIC THERAPY 1:30PM <ul style="list-style-type: none"> • Fitness Fun • Flickin' Chicken • Bingo • Table Top Fun with Friends 	28 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 	29 Afternoon Activities <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game & Darts • Pick & Play • Creative Corner 	30 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

*Activities subject to change
without notice*

Location:
815 Davis Street
Sebastian, FL 32958

Main: 772.569.0760 ext.310
Transport: 772.569.0903

SeniorResourceAssociation.org