

# March 2026 Sebastian



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <p><i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> <li>Balloon Swat</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<p><b>3</b> Afternoon Activities</p> <p><i>TC FOOD BANK NUTRITION EDUCATION 1:30PM</i></p> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Twister Toss</li> <li>Trivia Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<p><b>4</b> <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>5</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Bean Bag Bucketz</li> <li>Corn Hole</li> <li>Pick &amp; Play</li> <li>Creative Corner</li> </ul>	<p><b>6</b> Afternoon Activities</p> <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>
<p><b>9</b> <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <p><i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> <li>Bulls Eye Toss &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<p><b>10</b> Afternoon Activities</p> <p><b>Closing at 12pm No Afternoon Activities</b></p>	<p><b>11</b> <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>12</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Bulls Eye</li> <li>Colorful Cans</li> <li>Pick &amp; Play</li> <li>Creative Corner</li> </ul>	<p><b>13</b> Afternoon Activities</p> <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>
<p><b>16</b> <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <p><i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> <li>Feed the Fish &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<p><b>17</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Fitness Fun</li> <li>Corn Hole</li> <li>Bean Bag Bucketz</li> <li>March Bingo</li> <li>Table Top Fun with Friends</li> </ul>	<p><b>18</b> <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>19</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Parachute</li> <li>Bean Bag Toss</li> <li>Pick &amp; Play</li> <li>Adult Coloring Corner</li> </ul>	<p><b>20</b> <i>DOH BITES OF WISDOM 10AM</i></p> <p>Afternoon Activities</p> <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>
<p><b>23</b> <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <p><i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> <li>Balloon Swat</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<p><b>24</b> Afternoon Activities</p> <p><i>VNA MUSIC THERAPY 1:30PM</i></p> <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>	<p><b>25</b> <i>VB ART CLUB 10AM</i></p> <p>Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <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>	<p><b>26</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Bodies in Motion Exercise</li> <li>Axe Throw Game</li> <li>Darts</li> <li>Pick &amp; Play</li> <li>Creative Corner</li> </ul>	<p><b>27</b> Afternoon Activities</p> <ul style="list-style-type: none"> <li>Sit &amp; Get Fit Exercise</li> <li>Choose Your Challenge</li> <li>Name that Tune</li> <li>Bingo</li> <li>Moments in Watercolor</li> </ul>
<p><b>30</b> <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities</p> <p><i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> <li>Dice Throw Game &amp; Kickball</li> <li>Table Top Activities &amp; Trivia</li> </ul>	<p><b>31</b> Afternoon Activities</p> <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>			



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