

March 2026 Vero Beach *Day Aways*

Adult Enrichment & Respite Center
Monday – Friday 7:30 am — 5:30 pm



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 - 5:30 pm

*Activities subject to change
without notice*

Location:
686 14th Street
Vero Beach, FL 32960

Main: 772.569.0760 ext.113
Transport: 772.569.0903

SeniorResourceAssociation.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • 52 weeks of Trivia • Crosswords & Coloring • Reading Corner 	<p>3 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Parachute • Twister Toss • Bingo • Color & Company 	<p>4 <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> • Axe Throw • Kick Ball • Table Top Activities & Trivia 	<p>5 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>6 <i>VB ART CLUB 10 AM</i></p> <p>Afternoon Activities <i>ACCORDION W/THOM 1:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Bowling Blast & Cornhole • Bingo • Table Top Fun with Friends • Crosswords & Coloring
<p>9 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Alphabet Antics • Crosswords & Coloring • Reading Corner 	<p>10 <i>PET THERAPY 10AM</i></p> <p>Closing at 12pm No Afternoon Activities</p>	<p>11 <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> • Corn Hole • Kick Ball • Table Top Activities & Trivia 	<p>12 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>13 <i>VB ART CLUB 10 AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Ring Toss & Basketball • Bingo • Table Top Fun with Friends • Crosswords & Coloring
<p>16 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • 12 Months of Trivia • Crosswords & Coloring • Reading Corner 	<p>17 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>NUTRITION EDUCATION W/TC FOODBANK 1:30PM</i></p> <ul style="list-style-type: none"> • Fitness Fun • Tic Tac Toe Toss • Trivia Bingo • Color & Company 	<p>18 <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> • Ring Around the Cone • Kick Ball • Table Top Activities & Trivia • Crosswords, Coloring, & Reading 	<p>19 <i>DOH BITES OF WISDOM 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>20 <i>VB ART CLUB 10 AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Light & Lively Exercise • Flickin' Chicken & Basketball • Bingo • Table Top Activities & Trivia • Crosswords & Coloring
<p>23 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Trivia Talk • Crosswords & Coloring • Reading Corner 	<p>24 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities</p> <ul style="list-style-type: none"> • Fitness Fun • Balloon Swat • Corn Hole • Trivia Bingo • Color & Company 	<p>25 <i>VB MUSEUM OF ART 10AM</i></p> <p>Afternoon Activities <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i></p> <ul style="list-style-type: none"> • Smile Bean Bag Toss • Kickball • Table Top Activities & Trivia • Crosswords, Coloring, & Reading 	<p>26 Afternoon Activities</p> <p><i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Magic Table • Crosswords & Coloring • Reading Corner 	<p>27 <i>VB ART CLUB 10 AM</i></p> <p>Afternoon Activities <i>BALLET OF VERO BEACH 2:30PM</i></p> <ul style="list-style-type: none"> • Light & Lively Exercise • Colorful Cans & Axe Throw • Table Top Fun with Friends • Crosswords & Coloring
<p>30 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC W/ HOBO JIM 1:30PM</i></p> <ul style="list-style-type: none"> • Table Top Activities • Alphabet Antics • Crosswords & Coloring • Reading Corner 	<p>31 <i>PET THERAPY 10AM</i></p> <p>Afternoon Activities <i>MUSIC THERAPY W/VNA 1:30PM</i></p> <ul style="list-style-type: none"> • Fitness Fun • Bean Bag Bucketz • February Bingo • Color & Company 			