

# April 2026 Sebastian

# Day Away

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 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>2 Afternoon Activities</b> <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>	<b>3</b>  <b>Closed for Holiday</b>
<b>6 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> <li>• Color &amp; Company</li> </ul>	<b>7 Afternoon Activities</b>  <b>TC FOOD BANK NUTRITION EDUCATION 1:30PM</b> <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>	<b>8 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>9 Afternoon Activities</b> <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>	<b>10 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>13 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> <li>• Color &amp; Company</li> </ul>	<b>14 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Fitness Fun</li> <li>• Corn Hole</li> <li>• Bean Bag Bucketz</li> <li>• April Bingo</li> <li>• Table Top Fun with Friends</li> </ul>	<b>15 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>16 Afternoon Activities</b> <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>	<b>17 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>20 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</li> <li>• Table Top Activities &amp; Trivia</li> <li>• Color &amp; Company</li> </ul>	<b>21 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>22 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>23 Afternoon Activities</b> <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>	<b>24 Afternoon Activities</b> <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>
<b>27 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> <li>• Color &amp; Company</li> </ul>	<b>28 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>29 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>30 Afternoon Activities</b> <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>	



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