

May 2026 Sebastian *Day Away*

Adult Enrichment & Respite Center

Monday – Friday 8:30 am—4:30 pm



Senior Resource
ASSOCIATION

Promoting Independence in Our Community

Morning Engagements:

8:30 am -11:30 am

Morning Coffee Social
Current Events
Seated Strength & Stretch
Chair Yoga
Trivia Time
Creative Arts
Tabletop Games
Floor Activities
Outdoor Leisure

Lunch: 11:30 am—12:00 pm

PM Snack: 2:30 pm

Rest/Movie Time 12pm -1:30 pm

Afternoon Enrichment:

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
4 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> • Bulls Eye Toss & Kickball • Trivia & Tabletop Challenge • Reading Corner 	5 Afternoon Enrichment Sessions <i>NUTRITION EDUCATION W/TC FOODBANK 1:30PM</i> <ul style="list-style-type: none"> • Move & Stretch Exercise • Twister Toss • Trivia Bingo • Tabletop Games with Friends 	6 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	7 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye • Colorful Cans • Pick & Play Activities • Puzzles & Coloring 	8 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
11 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> • Feed the Fish & Kickball • Trivia & Tabletop Challenge • Reading Corner 	12 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Move & Stretch Exercise • Corn Hole • Bean Bag Bucketz • May Bingo • Tabletop Games with Friends 	13 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	14 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute • Bean Bag Toss • Pick & Play Activities • Puzzles & Coloring 	15 <i>DOH BITES OF WISDOM 10AM</i> Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
18 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> <ul style="list-style-type: none"> • Balloon Swat • Trivia & Tabletop Challenge • Reading Corner 	19 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Move & Stretch Exercise • Tic Tac Toe Toss • Bowling Blast • Bingo • Tabletop Games with Friends 	20 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	21 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game • Darts • Pick & Play Activities • Puzzles & Coloring 	22 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
25 Closed for Holiday	26 Afternoon Enrichment Sessions <i>MUSIC THERAPY W/VNA 1:30PM</i> <ul style="list-style-type: none"> • Move & Stretch Exercise • Flickin' Chicken • Trivia Bingo • Tabletop Games with Friends 	27 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions <i>MUSIC W/ HOBO JIM 1:30PM</i> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	28 Afternoon Enrichment Sessions <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bean Bag Bucketz • Corn Hole • Pick & Play Activities • Puzzles & Coloring 	