

July 2026 Vero Beach

Day Away

Adult Enrichment & Respite Center
Monday – Friday 7:30 am — 5:30 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 – 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
		1 VB MUSEUM OF ART 10AM Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM - Quick Pick Challenge - Trivia & Tabletop Challenge - Reading Corner	2 Afternoon Enrichment Sessions - Fitness Fun - Rhythm & Requests - Bean Bag Toss - Magic Table Fun Zone - Crosswords & Coloring	3 Closed for Holiday
6 PET THERAPY 10AM Afternoon Enrichment Sessions - Bodies in Motion Exercise - Jumbo Darts - Corn Hole - Tabletop Games 52 weeks of Trivia	7 PET THERAPY 10AM Afternoon Enrichment Sessions ACCORDION W/THOM 1:30PM - Move & Stretch Exercise - Parachute - Trivia Bingo - Crosswords & Coloring	8 VB MUSEUM OF ART 10AM Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM - Quick Pick Challenge - Trivia & Tabletop Challenge - Puzzles & Coloring	9 Afternoon Enrichment Sessions - Fitness Fun - Rhythm & Requests - Lucky Lanes Derby - Magic Table Fun Zone - Crosswords & Coloring	10 VB ART CLUB 10 AM Afternoon Enrichment Sessions - Light & Lively Exercise - Bowling Blast & Cornhole - Bingo - Tabletop Games with Friends - Reading Corner
13 PET THERAPY 10AM Afternoon Enrichment Sessions - Bodies in Motion Exercise - Axe Throw - Smile Bean Bag Toss - Tabletop Games - Alphabet Antics	14 PET THERAPY 10AM Afternoon Enrichment Sessions MUSIC THERAPY W/VNA 1:30PM - Move & Stretch Exercise - Bean Bag Bucketz - July Bingo - Crosswords & Coloring	15 VB MUSEUM OF ART 10AM Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM - Quick Pick Challenge - Trivia & Tabletop Challenge - Puzzles & Coloring	16 DOH BITES OF WISDOM 10AM Afternoon Enrichment Sessions - Fitness Fun - Rhythm & Requests - Tic Tac Toe Toss - Magic Table Fun Zone - Crosswords & Coloring	17 VB ART CLUB 10 AM Afternoon Enrichment Sessions ACCORDION W/THOM 1:30PM - Light & Lively Exercise - Ring Toss Rally & Parachute - Bingo - Tabletop Games with Friends
20 PET THERAPY 10AM Afternoon Enrichment Sessions - Bodies in Motion Exercise - Bean Bag Bucketz - Kickball Classic - Tabletop Games - Trivia Showdown	21 PET THERAPY 10AM Afternoon Enrichment Sessions NUTRITION EDUCATION W/TC FOODBANK 1:30PM - Move & Stretch Exercise - Tic Tac Toe Toss - Trivia Bingo - Crosswords & Coloring	22 VB MUSEUM OF ART 10AM Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM - Quick Pick Challenge - Trivia & Tabletop Challenge - Puzzles & Coloring	23 Afternoon Enrichment Sessions - Fitness Fun - Rhythm & Requests - Reel Em' in Rodeo - Magic Table Fun Zone - Crosswords & Coloring	24 VB ART CLUB 10 AM Afternoon Enrichment Sessions - Light & Lively Exercise - Colorful Cans & Axe Throw - Bingo - Tabletop Games with Friends - Reading Corner
27 PET THERAPY 10AM Afternoon Activities - Bodies in Motion Exercise - Lucky Lanes Derby - Parachute - Tabletop Games 12 Months of Trivia	28 PET THERAPY 10AM Afternoon Enrichment Sessions - Move & Stretch Exercise - Twister Toss - Trivia Bingo - Crosswords & Coloring	29 VB MUSEUM OF ART 10AM Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM - Quick Pick Challenge - Trivia & Tabletop Challenge - Puzzles & Coloring	30 Afternoon Enrichment Sessions - Fitness Fun - Rhythm & Requests - Kickball Classic - Magic Table Fun Zone - Crosswords & Coloring	31 VB ART CLUB 10 AM Afternoon Enrichment Sessions - Light & Lively Exercise - Flickin' Chicken & Basketball - Bingo - Table Top Activities & Trivia - Reading Corner