

June 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
<p>1 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</p> <ul style="list-style-type: none"> • Horse Race & Kickball • Trivia & Tabletop Challenge • Reading Corner 	<p>2 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Move & Stretch Exercise • Tic Tac Toe Toss • Bowling Blast • Bingo • Tabletop Games with Friends 	<p>3 VB ART CLUB 10AM Afternoon Enrichment Sessions MUSIC W/ HOBO JIM 1:30PM</p> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	<p>4 Afternoon Activities</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Flickin' Chicken • Corn Hole • Pick & Play Activities • Puzzles & Coloring 	<p>5 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
<p>8 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</p> <ul style="list-style-type: none"> • Bulls Eye Toss & Kickball • Trivia & Tabletop Challenge • Reading Corner 	<p>9 Afternoon Enrichment Sessions NUTRITION EDUCATION W/TC FOODBANK 1:30PM</p> <ul style="list-style-type: none"> • Move & Stretch Exercise • Twister Toss • Trivia Bingo • Tabletop Games with Friends 	<p>10 VB ART CLUB 10AM Afternoon Enrichment Sessions MUSIC W/ HOBO JIM 1:30PM</p> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	<p>11 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Bulls Eye • Colorful Cans • Pick & Play Activities • Puzzles & Coloring 	<p>12 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
<p>15 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</p> <ul style="list-style-type: none"> • Feed the Fish & Kickball • Trivia & Tabletop Challenge • Reading Corner 	<p>16 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Move & Stretch Exercise • Corn Hole • Bean Bag Bucketz • June Bingo • Tabletop Games with Friends 	<p>17 VB ART CLUB 10AM Afternoon Enrichment Sessions MUSIC W/ HOBO JIM 1:30PM</p> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	<p>18 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Parachute • Bean Bag Toss • Pick & Play Activities • Puzzles & Coloring 	<p>19 Closed for Holiday</p>
<p>22 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</p> <ul style="list-style-type: none"> • Balloon Swat & Kickball • Trivia & Tabletop Challenge • Reading Corner 	<p>23 Afternoon Enrichment Sessions MUSIC THERAPY W/VNA 1:30PM</p> <ul style="list-style-type: none"> • Move & Stretch Exercise • Flickin' Chicken • Trivia Bingo • Tabletop Games with Friends 	<p>24 VB ART CLUB 10AM Afternoon Enrichment Sessions MUSIC W/ HOBO JIM 1:30PM</p> <ul style="list-style-type: none"> • Magic Table Fun Zone • Beads & Beyond • Relax & Unwind 	<p>25 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Bodies in Motion Exercise • Axe Throw Game • Darts • Pick & Play Activities • Puzzles & Coloring 	<p>26 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
<p>29 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</p> <ul style="list-style-type: none"> • Dice Throw Game & Kickball • Trivia & Tabletop Challenge • Reading Corner 	<p>30 Afternoon Enrichment Sessions</p> <ul style="list-style-type: none"> • Move & Stretch Exercise • Bowling Blast • Bean Bag Bucketz • June Bingo • Tabletop Games with Friends 			