

August 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
3 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	4 Afternoon Enrichment Sessions NUTRITION EDUCATION W/TC FOODBANK 1:30PM - Move & Stretch Exercise - Twister Toss - Trivia Bingo	5 VB ART CLUB 10AM Afternoon Enrichment Sessions - Fitness Fun - Lucky Lanes Derby - Balloon Frenzy - Magic Table Fun Zone - Beads & Beyond	6 Afternoon Activities - Bodies in Motion Exercise - Flickin' Chicken - Corn Hole - Pick & Play Activities - Puzzles & Coloring	7 Afternoon Enrichment Sessions - Sit & Get Fit Exercise - Choose Your Challenge - Trivia Time - Bingo - Moments in Watercolor
10 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	11 Afternoon Enrichment Sessions - Move & Stretch Exercise - Corn Hole - Bean Bag Bucketz - August Bingo - Tabletop Games with Friends	12 Afternoon Enrichment Sessions - Fitness Fun - Bulls Eye Toss - Kickball - Magic Table Fun Zone - Beads & Beyond	13 Afternoon Enrichment Sessions - Bodies in Motion Exercise - Bowling Blast - Colorful Cans - Pick & Play Activities - Puzzles & Coloring	14 Afternoon Enrichment Sessions - Sit & Get Fit Exercise - Choose Your Challenge - Alphabet Antics - Bingo - Moments in Watercolor
17 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	18 Afternoon Enrichment Sessions - Move & Stretch Exercise - Bowling Blast - Bean Bag Bucketz - August Bingo - Tabletop Games with Friends	19 VB ART CLUB 10AM Afternoon Enrichment Sessions - Fitness Fun - Feed the Fish - Reel Em' in Rodeo - Magic Table Fun Zone - Beads & Beyond	20 Afternoon Enrichment Sessions - Bodies in Motion Exercise - Parachute - Bean Bag Toss - Pick & Play Activities - Puzzles & Coloring	21 BITES OF WISDOM 10AM Afternoon Enrichment Sessions - Sit & Get Fit Exercise - Choose Your Challenge - Trivia Time - Bingo - Moments in Watercolor
24 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	25 Afternoon Enrichment Sessions MUSIC THERAPY W/VNA 1:30PM - Move & Stretch Exercise - Flickin' Chicken - Trivia Bingo - Tabletop Games with Friends	26 Afternoon Enrichment Sessions - Fitness Fun - Twister Toss - Balloon Swat - Magic Table Fun Zone - Beads & Beyond	27 Afternoon Enrichment Sessions - Bodies in Motion Exercise - Axe Throw Game - Darts - Pick & Play Activities - Puzzles & Coloring	28 Afternoon Enrichment Sessions - Sit & Get Fit Exercise - Choose Your Challenge - Name that Tune - Bingo - Moments in Watercolor
31 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				