

July 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 VB ART CLUB 10AM Afternoon Enrichment Sessions • Fitness Fun • Lucky Lanes Derby • Balloon Frenzy • Magic Table Fun Zone • Beads & Beyond	2 Afternoon Activities • Bodies in Motion Exercise • Flickin' Chicken • Corn Hole • Pick & Play Activities • Puzzles & Coloring	3 Closed for Holiday
6 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	7 Afternoon Enrichment Sessions NUTRITION EDUCATION W/TC FOODBANK 1:30PM • Move & Stretch Exercise • Twister Toss • Trivia Bingo • Tabletop Games with Friends	8 VB ART CLUB 10AM Afternoon Enrichment Sessions • Fitness Fun • Bulls Eye Toss • Kickball • Magic Table Fun Zone • Beads & Beyond	9 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Bowling Blast • Colorful Cans • Pick & Play Activities • Puzzles & Coloring	10 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
13 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	14 Afternoon Enrichment Sessions • Move & Stretch Exercise • Corn Hole • Bean Bag Bucketz • July Bingo • Tabletop Games with Friends	15 VB ART CLUB 10AM Afternoon Enrichment Sessions • Fitness Fun • Feed the Fish • Reel Em' in Rodeo • Magic Table Fun Zone • Beads & Beyond	16 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Parachute • Bean Bag Toss • Pick & Play Activities • Puzzles & Coloring	17 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
20 Afternoon Enrichment Sessions MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	21 Afternoon Enrichment Sessions • Move & Stretch Exercise • Bowling Blast • Bean Bag Bucketz • July Bingo • Tabletop Games with Friends	22 VB ART CLUB 10AM Afternoon Enrichment Sessions • Fitness Fun • Twister Toss • Balloon Swat • Magic Table Fun Zone • Beads & Beyond	23 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Axe Throw Game • Darts • Pick & Play Activities • Puzzles & Coloring	24 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
27 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	28 Afternoon Enrichment Sessions MUSIC THERAPY W/VNA 1:30PM • Move & Stretch Exercise • Flickin' Chicken • Trivia Bingo • Tabletop Games with Friends	29 VB ART CLUB 10AM Afternoon Enrichment Sessions • Fitness Fun • Lucky Lanes Derby • Balloon Frenzy • Magic Table Fun Zone • Beads & Beyond	30 Afternoon Activities • Bodies in Motion Exercise • Reel Em' in Rodeo • Corn Hole • Pick & Play Activities • Puzzles & Coloring	31 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor