

September 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 • Move & Stretch Exercise • Twister Toss • Beach Ball Volleyball • Trivia Bingo • Tabletop Games with Friends	2 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions • Fitness Fun • Lucky Lanes Derby • Balloon Frenzy • Magic Table Fun Zone • Beads & Beyond	3 Afternoon Activities • Bodies in Motion Exercise • Flickin' Chicken • Corn Hole • Pick & Play Activities • Puzzles & Coloring	4 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
7 Closed for Holiday	8 Afternoon Enrichment Sessions • Move & Stretch Exercise • Corn Hole • Bean Bag Bucketz • September Bingo • Tabletop Games with Friends	9 Afternoon Enrichment Sessions • Fitness Fun • Bulls Eye Toss • Kickball • Magic Table Fun Zone • Beads & Beyond	10 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Bowling Blast • Colorful Cans • Pick & Play Activities • Puzzles & Coloring	11 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Alphabet Antics • Bingo • Moments in Watercolor
14 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	15 Afternoon Enrichment Sessions • Move & Stretch Exercise • Bowling Blast • Bean Bag Bucketz • September Bingo • Tabletop Games with Friends	16 <i>VB ART CLUB 10AM</i> Afternoon Enrichment Sessions • Fitness Fun • Feed the Fish • Reel Em' in Rodeo • Magic Table Fun Zone • Beads & Beyond	17 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Parachute • Bean Bag Toss • Pick & Play Activities • Puzzles & Coloring	18 <i>BITES OF WISDOM 10AM</i> Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Trivia Time • Bingo • Moments in Watercolor
21 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	22 Afternoon Enrichment Sessions <i>MUSIC THERAPY W/VNA 1:30PM</i> • Move & Stretch Exercise • Flickin' Chicken • Trivia Bingo • Tabletop Games with Friends	23 Afternoon Enrichment Sessions • Fitness Fun • Twister Toss • Balloon Swat • Magic Table Fun Zone • Beads & Beyond	24 Afternoon Enrichment Sessions • Bodies in Motion Exercise • Axe Throw Game • Darts • Pick & Play Activities • Puzzles & Coloring	25 Afternoon Enrichment Sessions • Sit & Get Fit Exercise • Choose Your Challenge • Name that Tune • Bingo • Moments in Watercolor
28 <i>VB MUSEUM OF ART 10AM</i> Afternoon Enrichment Sessions <i>MOVEMENT IN THE MOMENT W/ VB MUSEUM OF ART 1:30PM</i> • Quick Pick Challenge • Trivia & Tabletop Challenge • Reading Corner	29 Afternoon Enrichment Sessions • Move & Stretch Exercise • Twister Toss • Beach Ball Volleyball • Trivia Bingo • Tabletop Games with Friends	30 Afternoon Enrichment Sessions • Fitness Fun • Lucky Lanes Derby • Balloon Frenzy • Magic Table Fun Zone • Beads & Beyond		