

September 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 Afternoon Enrichment Sessions • Move & Stretch Exercise • Parachute • Trivia Bingo • Pick & Play Activities • Crosswords & Coloring	2 <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	3 Afternoon Enrichment Sessions • Fitness Fun • Rhythm & Requests • Bean Bag Toss • Magic Table Fun Zone • Crosswords & Coloring	4 <i>VB ART CLUB 10 AM</i> Afternoon Enrichment Sessions • Light & Lively Exercise • Flickin' Chicken & Basketball • Bingo • Table Top Activities & Trivia • Reading Corner
7 Closed for Holiday	8 Afternoon Enrichment Sessions <i>MUSIC THERAPY W/VNA 1:30PM</i> • Move & Stretch Exercise • Bean Bag Bucketz • September Bingo • Crosswords & Coloring	9 <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 • Puzzles & Coloring	10 Afternoon Enrichment Sessions <i>ACCORDION W/THOM 1:30PM</i> • Fitness Fun • Rhythm & Requests • Lucky Lanes Derby • Magic Table Fun Zone	11 Afternoon Enrichment Sessions • Light & Lively Exercise • Bowling Blast & Cornhole • Bingo • Tabletop Games with Friends • Reading Corner
14 <i>PET THERAPY 10AM</i> Afternoon Enrichment Sessions <i>ACCORDION W/THOM 1:30PM</i> • Bodies in Motion Exercise • Bean Bag Bucketz • Kickball Classic • Tabletop Games	15 Afternoon Enrichment Sessions • Move & Stretch Exercise • Tic Tac Toe Toss • Trivia Bingo • Pick & Play Activities • Crosswords & Coloring	16 <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 • Puzzles & Coloring	17 <i>DOH BITES OF WISDOM 10AM</i> Afternoon Enrichment Sessions • Fitness Fun • Rhythm & Requests • Tic Tac Toe Toss • Magic Table Fun Zone • Crosswords & Coloring	18 <i>VB ART CLUB 10 AM</i> Afternoon Enrichment Sessions • Light & Lively Exercise • Ring Toss Rally & Parachute • Bingo • Tabletop Games with Friends • Reading Corner
21 <i>PET THERAPY 10AM</i> Afternoon Activities • Bodies in Motion Exercise • Lucky Lanes Derby • Parachute • Tabletop Games • 12 Months of Trivia	22 Afternoon Enrichment Sessions • Move & Stretch Exercise • Twister Toss • Trivia Bingo • Pick & Play Activities • Crosswords & Coloring	23 <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 • Puzzles & Coloring	24 Afternoon Enrichment Sessions • Fitness Fun • Rhythm & Requests • Reel Em' in Rodeo • Magic Table Fun Zone • Crosswords & Coloring	25 Afternoon Enrichment Sessions • Light & Lively Exercise • Colorful Cans & Axe Throw • Bingo • Tabletop Games with Friends • Reading Corner
28 <i>PET THERAPY 10AM</i> Afternoon Enrichment Sessions • Bodies in Motion Exercise • Axe Throw • Smile Bean Bag Toss • Tabletop Games • Alphabet Antics	29 Afternoon Enrichment Sessions • Move & Stretch Exercise • Parachute • Trivia Bingo • Pick & Play Activities • Crosswords & Coloring	30 <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		