

# CHARLIE JOSEPH SENIOR CENTER

6943 Buffalo Avenue ~ Jacksonville, FL 32208 ~ (904) 255-6822 Specialist: Diane Weaver

# FEBRUARY 2026

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Scheule</u> Bible Study 9:30 a.m. Journaling 10:30 a.m. Education Workshop 11 a.m. Sewing Class 11 a.m.  <u>Available Daily</u> Billiards and Word Puzzles	<u>Daily Schedule</u> BP Check 9:30 a.m. <b>Book Club 10:00 a.m.</b> Craft Class 11 a.m.  <u>Available Daily</u> Billiards and Word Puzzles	<u>Daily Schedule</u> Nutrition Education 10 a.m. Chair Exercise 11 – 12  <u>Available Daily</u> Billiards and Word Puzzles	<u>Daily Schedule</u> BP Check 9:30 a.m. Education Workbook 11 a.m.  <u>Available Daily</u> Billiards and Word Puzzles	<u>Daily Schedule</u>  <b>End Your Week with Rythm and Energy!</b>  <b>Line Dancing! 10 a.m.</b>  <b>Get Up and Move! 11:00 a.m.</b>
<b>Breakfast M-F ~ 9 a.m.</b>		<b>Lunch M-F ~ 12 p.m.</b>	<b>* Must sign up to receive meals*</b>	<b>All activities are subject to change.</b>
2 <b>Trip:</b> Walmart 10:30 a.m.	3	4 <b>Trip:</b> Get Up and Move! Pine Forest 10:30 a.m.  Site Council Meeting 1 p.m.	5 Super Bowl Party 2026 Get Ready! Get Ready! 10:30 a.m.	6
9 Nutrition Education and Demo Feeding NE Florida 11 a.m.	10 AARP Presentation and DIY Toolkit w/Adinah J. 10 a.m.	11 Participants Meeting 11 a.m.	12 Heart to Heart (Red & White) Valentine Dance 10:30 a.m.	13 Presentation: Preventing Scams w/Emily of ElderSource 10 a.m.
16 <b>CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY</b>	17 Northwest Behavior w/Charles 10 a.m.	18 Bingo 10 a.m.	19 Get Up and Move! w/Guest, Leroy Clemons 10:30 a.m.	20 Karen w/Archwell Health 10 a.m.
23 <b>Trip:</b> Aldi's Grocery's Store 10:30 a.m.	24 <b>Trip:</b> Get Up and Move! Lincoln Villa 10:30 a.m.	25 Nutrition Education w/Dietitian Sharon African Heritage Power Plate 11 a.m.	26 "Back In Time" Black History Program 10:30 a.m.	27 Bingo 10 a.m.