

55 N. Jackson Avenue ~ Jacksonville, FL 32220 ~ (904) 255-6737

Specialist: Tomeraine Pierre

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>DAILY</u> Ping Pong Board Games Chair Volleyball Cards/Dominoes	<u>DAILY</u> Ping Pong Board Games Chair Volleyball Cards/Dominoes	<u>DAILY</u> Ping Pong Board Games Chair Volleyball Cards/Dominoes	<u>DAILY</u> Ping Pong Board Games Chair Volleyball Cards/Dominoes	<u>DAILY</u> Ping Pong Board Games Chair Volleyball Cards/Dominoes
BREAKFAST SERVED: Monday - Friday 9 a.m. LUNCH SERVED: Monday – Friday 12 p.m. Must sign up to receive meals / Activities and Meals are subject to change				
			1 CENTER CLOSED HAPPY NEW YEAR!	2 Bingo 10 a.m. Brain Game 11 a.m.
5 Craft Activity 9:30 a.m. UF Health Jacksonville Workshop 10 a.m. – 12 p.m.	6 Chair Exercise (Video) 10 a.m. Craft Activity Katia Garcia of American Care Medical Center 11 a.m.	7 Gia D'Anna and Sandy Millennium Physician Group 10 a.m.	8 Chair Exercise (Video) 10 a.m. Outing: Bills Diner 11 a.m.	9 Bingo 10 a.m. Brain Game 11 a.m.
12 Craft Activity w/Christine McNeily 9:30 a.m. Northwest Behavioral Health Workshop w/Charles Timmons 10 a.m. – 11:30 a.m.	13 Chair Exercise (Video) 10 a.m. JEA SENIOR DAY Customer Solutions Center 10:00 a.m.	14 UF Health Jacksonville Workshop 10 a.m. – 12 p.m.	15 Chair Exercise (Video) 9:30 a.m. History Class: Lesson 5 Anthony Messina 10:30 a.m. *Ritz Chamber Players* Friday Musicale 1 ~ 2:30 p.m.	16 Shanghai Circus FSCJ Artist Series Wilson Center for the Arts 11:30 a.m. Limited Seating
19 CENTER CLOSED IN OBSERVANCE OF MLK'S BIRTHDAY	20 Chair Exercise (Video) 9:30 a.m. UF Health Jacksonville Workshop 10 a.m. – 12 p.m.	21 Commodities Pickup: Bridge the Gap 9:30 a.m.	22 Chair Exercise (Video) 10 a.m. Table Games 11 a.m.	23 Bingo 10 a.m. Nutrition Education Discussion Topic: Preventing Food Waste Senior Services Dietitian Sharon Lutheran 11 a.m.
26 Craft Activity 10 a.m. Nutrition Education Discussion 12:30 p.m.	27 Chair Exercise (Video) 10 a.m. Table Games 11 a.m.	28 Shopping: Wal-Mart 103rd St. 10 a.m. Nutrition Education Discussion 11 a.m.	29 Chair Exercise (Video) 9:30 a.m. UF Health Jacksonville Workshop 10 a.m. – 12 p.m.	30 Bingo 10 a.m. Monthly Birthday Celebration 12 p.m.