

# CHARLIE JOSEPH SENIOR CENTER

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

# MARCH 2026

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Daily Scheule</u></b> Bible Study 9:30 a.m. Journaling 10:30 a.m. Education Workshop 11 a.m.</p> <p><b><u>Available Daily</u></b> Billiards and Word Puzzles</p>	<p><b><u>Daily Schedule</u></b> BP Check 9:30 a.m. <b>Book Club 10:00 a.m.</b> Craft Class 11a.m.</p> <p><b><u>Available Daily</u></b> Billiards and Word Puzzles</p>	<p><b><u>Daily Schedule</u></b> Nutrition Education 10 a.m. <b><u>Chair Exercise 11a.m.</u></b></p> <p><b><u>Available Daily</u></b> Billiards and Word Puzzles</p>	<p><b><u>Daily Schedule</u></b> BP Check 9:30 a.m. Education Workbook 11 a.m.</p> <p><b><u>Available Daily</u></b> Billiards and Word Puzzles</p>	<p><b><u>Daily Schedule</u></b></p> <p><b>End Your Week with Rythm and Energy!</b></p> <p><b>Line Dancing! 10 a.m.</b></p> <p><b>Get Up and Move! 11:00 a.m.</b></p>
<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>				
<p>2 <b>Trip:</b> Walmart 10:30 a.m.</p>	<p>3 Site Council Meeting 1 p.m.</p>	<p>4 Dietitian / Nutrition Survey with COEA 11:30 a.m.</p> <p>Participants Meeting 12:30 p.m.</p>	<p>5 JEA Presentation Understanding Your Bill Ways to Save w/Raven 10:00 a.m.</p>	<p>6 Bingo 10 a.m.</p>
<p>9 Nutrition Education w/Sharon Discovering the Power of Nutrition 11 a.m.</p>	<p>10 <b>Trip</b> Get Up and Move! Oceanway Center 10:30 a.m.</p>	<p>11 Bingo 10 a.m.</p>	<p>12 <b>Trip:</b> Carvill Flea Market Carvill Center 10 a.m.</p>	<p>13 AARP Presentation w/Sandra &amp; Tina Topic: Declutter 11:00 a.m.</p>
<p>16 <b>Trip:</b> Cedar River Seafood Callahan Fl. 10:30 a.m.</p>	<p>17 Northwest Behavioral Health w/Charles 10 a.m.</p>	<p>18 <b>Trip</b> Get Up and Move! Southside Center 10:30 a.m.</p>	<p>19 <b>Trip:</b> Rowe's Grocery's Store 10:30 a.m.</p>	<p>20 SS Special Event Walk for Senior Wellness Friendship Fountain 10 ~ 1</p>
<p>23</p>	<p>24 David Bruce w/VyStar Presentation Topic: Understanding Your Credit Score 10 a.m.</p>	<p>25 Get Up and Move! w/Guest, Lane Wiley Center 10:30 a.m.</p>	<p>26 Peaceful Presence Companion Presentation w/Tunishia Staying Home Alone vs Mental Health 10:30 a.m.</p> <p>Site Council Induction Ceremony Mary Singleton 11:00 a.m.</p>	<p>27 Jan, Feb, Mar Birthday Celebration 11 a.m.</p>
<p>30</p>	<p>31 DIY Spring Suprise Craft 10:00 a.m.</p>			