

SOUTHSIDE SENIOR CENTER

10080 Beach Blvd ~ Jacksonville, FL 32246

Specialist: Addisaia Reynolds

Phone: 904-255-6940

MARCH 2026

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<p><u>Daily Schedule</u> Walking for Health 8 a.m. Canasta 8:30 a.m. Chair Exercise (V) 9 a.m. Spanish Class 10 a.m. Bingo 11 a.m. Chair Exercise (V) 1 p.m. Chair Volleyball 1 p.m. Knitting/Crocheting 1 p.m.</p> <p>----- Word Puzzles, Board Games, Cards, Creative Coloring.</p>	<p><u>Daily Schedule</u> Walking for Health 8 a.m. Chair Exercise (V) 9 a.m. Jazzco Line Dance 10 a.m. Chair Exercise (V) 1 p.m. Mahjong 1 p.m.</p> <p>----- Word Puzzles, Board Games, Cards, Creative Coloring</p>	<p><u>Daily Schedule</u> Walking for Health 8 a.m. Chair Exercise (V) 9 a.m. Open Art Studio 9 a.m. Ukulele/Singalong 11 a.m. Chair Exercise (V) 1 p.m.</p> <p>----- Word Puzzles, Board Games, Cards, Creative Coloring</p>	<p><u>Daily Schedule</u> Walking for Health 8 a.m. Canasta 8:30 a.m. Chair Exercise (V) 9 a.m. Loteria (Spanish Bingo) 10 a.m. Chair Exercise (V) 1 p.m.</p> <p>----- Word Puzzles, Board Games, Cards, Creative Coloring</p>	<p><u>Daily Schedule</u> Walking for Health 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Tai Chi w/Kathleen 10 a.m. Spanish Class (Beginners) 10 a.m. Bingo 11 a.m. Chair Volleyball 1 p.m. Chair Exercise (V) 1 p.m.</p> <p>----- Word Puzzles, Board Games, Cards, Creative Coloring</p>			
BREAKFAST DAILY: 9 A.M.		LUNCH DAILY: 12 P.M.		* MUST SIGN UP TO RECEIVE MEALS*		ACTIVITIES SUBJECT TO CHANGE	
2	3	4 Nutrition Education w/Sharon Discovering the Power of Nutrition 9:30 a.m. Chair Volleyball w/Nelson of Careplus at Jim Fortuna 12 p.m. Bus Not Provided	5 Northwest Behavioral Health 10 a.m. American Care Workshop w/Katia Garcia with a Fresh Produce Giveaway 11 a.m.	6 Trip: Mandarin Garden Club 10 a.m.			
9 Trip: Hope's Closet 10 a.m.	10	11 Tai Chi w/Charles of Conviva 10 a.m. Chinese Folk Dancing Performance 11 a.m.	12 Trip: Carvill Flea Market 9 a.m. – 1 p.m.	13 Nature Program in Peach Park 10 a.m.			
16	17 Celebrating St. Patrick's Day Wear Green!!!  Dietitian / Nutrition Survey with COEA 11:30 a.m.	18 GET UP AND MOVE 10:30 a.m.	19 Trip: Emerson Thrift Store 10 a.m. Fall Prevention Workshop w/Stacy of Rising Tide Wellness 10:30 a.m.	20 SS Special Event Walk for Senior Wellness Friendship Fountain 10 ~ 1			
23 Trip: Chows Buffet 10 a.m.	24	25 Trip: Bridge the Gap 10 a.m.	26 Feeding Northeast Florida Nutrition and Food Demo 10 a.m. Site Council Induction Ceremony Mary Singleton Center 11:00 a.m.	27 March Birthday Celebrations 12 p.m.			
30 Trip: Rowes Supermarket	31						