

# SOUTHSIDE SENIOR CENTER

10080 Beach Blvd ~ Jacksonville, FL 32246

Specialists: Latrenia T. & Addisaia R.

# JANUARY 2026

Phone: 904-255-6940

Mon-Fri ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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.  ----- Word Puzzles, Board Games, Cards, Creative Coloring.	<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.  ----- Word Puzzles, Board Games, Cards, Creative Coloring	<u>Daily Schedule</u> Walking for Health 8 a.m. Chair Exercise (V) 9 a.m. Open Art Studio 9 a.m. Spanish Bible Study 10:30 a.m. Ukulele/Singalong 11 a.m. Chair Exercise (V) 1 p.m.  ----- Word Puzzles, Board Games, Cards, Creative Coloring	<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.  ----- Word Puzzles, Board Games, Cards, Creative Coloring	<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.  ---- Word Puzzles, Board Games, Cards, Creative Coloring
<b>BREAKFAST DAILY: 9 A.M.</b>		<b>LUNCH DAILY: 12 P.M.</b>		<b>* MUST SIGN UP TO RECEIVE MEALS*</b>
				<b>ACTIVITIES SUBJECT TO CHANGE</b>
			1 CENTER CLOSED HAPPY NEW YEAR!	2 Matinee Movie 1 p.m.
5	6 <b>Participant Meeting</b> 12:30 p.m.	7 Nutrition Ed w/Sharon Topic "Oral Health and Nutrition" 9:30 a.m.	8 <b>TRIP:</b> Publix Supermarket 10:30 a.m.	9 BINGO w/Archwell Health
12 <b>TRIP:</b> Mikata Buffet 10:30 a.m.	13	14 <b>CENTER CLOSING EARLY FOR CAS MEETING</b>	15 <b>*Ritz Chamber Players*</b> <b>Friday Musicale 1 ~ 2:30 p.m.</b>	16 <b>Shanghai Circus</b> <b>FSCJ Artist Series</b> <b>Wilson Center for the Arts</b> 11:30 a.m. Limited Seating
19 CENTER CLOSED IN OBSERVANCE OF MLK'S BIRTHDAY	20 <b>National Popcorn Day</b> Bring Your Favorite Flavor Popcorn to Share!	21 <b>Arts and Crafts</b> "Sip and Paint"	22 <b>TRIP:</b> Ross Dress for Less 10:30 a.m.	23
26	27 <b>Arts and Crafts Day</b> "Sip and Paint"	28	29 <b>TRIP:</b> Rowes Supermarket 10:30 a.m.	30 BINGO w/ Archwell Health "Birthday Celebration"