LEROY CLEMONS SENIOR CENTER JULY 2025

55 N. Jackson Avenue ~ Jacksonville, FL 32220 ~ (904) 255-6737 Specialist: Tomeraine Pierre Monday - Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Puzzles 8:30 a.m.Adult Coloring 9:30 a.m.Hidden Pictures 9:30 a.m.Chair Meditation Exercise (v) 10:30 a.m. (v) = video | Puzzles 8:30 a.m.Adult Coloring 9:30 a.m.Hidden Pictures 9:30 a.m.Trivia Tuesday 10:30 a.m. | Puzzles 8:30 a.m.Adult Coloring 9:30 a.m.Hidden Pictures 9:30 a.m.Music Therapy 10:30 a.m. | Puzzles 8:30 a.m.Adult Coloring 9:30 a.m.Hidden Pictures 9:30 a.m.Small Circle Talk 10:30 a.m.  | Puzzles 8:30 a.m.Adult Coloring 9:30 a.m.Hidden Pictures 9:30 a.m.Bingo 10:30 a.m. |
| **AVAILABLE DAILY:** Bible Class, Current Events**,** Educational Material, Arts and Crafts,Card Games, Board Games,Table Tennis, Air Hockey, Walking*(Activities are Subject to Change)* **BREAKFAST: T-W-TH 8:30 a.m. LUNCH: M – F 11:30 a.m.** |
|  | 1National Gingersnap Day Enjoy Ginger Snaps and Milk 10:30 a.m. | 2Sip & Paint w/Marilyn of Dedicated Senior 10 a.m. | 3**FIELD TRIP**Publix (11341 Normandy)10 a.m. | 4**CENTER CLOSED** **IN OBSERVANCE OF** **INDEPENDENCE DAY** |
| 7  | 8**FIELD TRIP**The Canning Center(2525 Commonwealth Ave)10 a.m. | 9**NUTRITION EDUCATION**Discussion on “Healthier Fats and Oils” w/ Dietitian Sharon 10 a.m. | 10 | 11 |
| 14**PRESENTATION**Planted In Peace Workshop w/Char Johnson 10:45 a.m.  | 15**Summer Swim** **Water Safety****Blue Cypress Pool 10 a.m.**National “Gummi” Worm Day Gummy Worm Activity 10:30 a.m. | 16 **FIELD TRIP**Bridge the GapCommodities Pickup 10 a.m. | 17**PRESENTATION**Feeding NE FL Nutrition Education and Meal Demonstrations w/Maria 10:45 a.m. | 18**Summer Swim** **Aqua Aerobics****Blue Cypress Pool 10 a.m.** |
| 21**PRESENTATION**Charles w/Northwest Behavioral Health 10 a.m. – 11:30 a.m. | 22Jeopardy 10:30 a.m. | 23**FIELD TRIP**Panda Express Restaurant (6752 Normandy Blvd) 10:30 a.m. | 24**PRESENTATION**Heartful Healing Art Session with Neissa Berleush  10:45 a.m. | 25 **Summer Swim** **Free Swim****Blue Cypress Pool 11 a.m.**June Birthday Celebration11:30 a.m. National Hot Fudge Sundae Day Make Your Own Tasty Sundae 12 p.m. |
| 28 | 29Word Activity 10:30 a.m. | 30**FIELD TRIP**Walmart (Normandy Blvd)10 a.m. | 31Group Circle Talk 10:30 a.m. |  |