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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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.** | | | | |
|  | 1  National Gingersnap Day  Enjoy Ginger Snaps and Milk  10:30 a.m. | 2  Sip & 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 Gap  Commodities 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. | 22  Jeopardy 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 Celebration  11:30 a.m.    National Hot Fudge Sundae Day Make Your Own Tasty Sundae  12 p.m. |
| 28 | 29  Word Activity 10:30 a.m. | 30  **FIELD TRIP**  Walmart (Normandy Blvd)  10 a.m. | 31  Group Circle Talk 10:30 a.m. |  |