LEROY CLEMONS SENIOR CENTER AUGUST 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** |
| Current Events 8 a.m.  Educational Materials 9 a.m.  Morning Movie 10 a.m.  Lunch 11:30 a.m. | Breakfast 8:30 a.m.  Chair Exercise 9:30 a.m.  Board Games/Cards 10:30 a.m.  Lunch 11:30 a.m. | Breakfast 8:30 a.m.  Music Therapy 9:30 a.m.  Lunch 11:30 a.m. | Breakfast 8:30 a.m.  Chair Exercise 9:30 a.m.  Board Games/Cards 10:30 a.m.  Lunch 11:30 a.m. | Current Events 8 a.m.  Educational Materials 9 a.m.  Bingo 10 a.m.  Lunch 11:30 a.m. |
| **AVAILABLE DAILY:** Puzzles, Hidden Pictures, Adult Coloring,Bible Study, Arts and Crafts,Board Games,Table Tennis, Air Hockey, Cornhole, Walking  *(Activities are Subject to Change)* | | | | |
|  |  |  |  | 1  Table Games 9:30 a.m. |
| 4  Morning Movie 10 a.m.    **PRESENTATION**  Seated Fitness Class  w/Nelson of CarePlus 11 a.m. | 5  Arts and Craft Event w/Katia of American Care Medical Center  10 a.m. | 6  **FIELD TRIP**  Publix (11341 Normandy)  10 a.m. | 7  Table Games with Light Snacks  10:30 a.m. | 8  **SENIOR PROM**  **“A Golden Time of Day”**  **PRIME OSBORNE**  **5:30 ~ 8:30** |
| 11  **PRESENTATION**  Budgeting with Dave of VyStar  10:30 a.m. | 12  BINGO w/ Kay of United Health Care 10 a.m. | 13  **Nutrition Education**  Dietitian Sharon  Topic: 10 Tips for Reducing Sodium Consumption 10 a.m.  **CENTER CLOSING EARLY**  **FOR CAS MEETING** | 14  **FIELD TRIP**  Sweet Pete’s (Hogan St)  10 a.m. | 15  “Crazy” BINGO  9:30 a.m. |
| 18  Craftingwith Ms. Christine  9 a.m.  **PRESENTATION**  Charles w/Northwest Behavioral Health 10 a.m. – 11:30 a.m. | 19  **Blue Cypress Pool**  **Aqua Aerobics Class 10 a.m.** | 20  **FIELD TRIP**  Bridge the Gap  Commodities Pickup 10 a.m. | 21  Healthy Eating Discussion and a Take-Home Meal Kit w/ Megan of Archwell 10:30 a.m. | 22  **Blue Cypress Pool**  **Summer’s End**  **Free Swim! 10 ~ 12** |
| 25  Morning Movie 10 a.m. | 26  **PRESENTATION**  Heartful Healing Art Session with Neissa Berleush  10:45 a.m. | 27  **FIELD TRIP**  Walmart (Normandy Blvd)  10 a.m. | 28  Trivia and Root Beer Floats  10:30 a.m. | 29  Monthly Birthday Celebration  11:30 a.m. |