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)*  |
|  |  |  |  | 1Table Games 9:30 a.m. |
| 4Morning Movie 10 a.m. **PRESENTATION**Seated Fitness Classw/Nelson of CarePlus 11 a.m. | 5Arts and Craft Event w/Katia of American Care Medical Center10 a.m. | 6**FIELD TRIP**Publix (11341 Normandy)10 a.m. | 7Table Games with Light Snacks10:30 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. | 12BINGO 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. |
| 18Craftingwith 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 GapCommodities Pickup 10 a.m. | 21Healthy 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** |
| 25Morning 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. | 28Trivia and Root Beer Floats 10:30 a.m. | 29 Monthly Birthday Celebration11:30 a.m. |