LINCOLN VILLA SENIOR CENTER JULY 2025

7866 New Kings Road ~ Jacksonville, FL 32219 ~ (904) 255-6810 Specialist: Christine Raysor Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Cards, Coloring, Crocheting, Pool, Quilting, Puzzles 8 a.m.  Chair Exercise 9 a.m.  Bible Trivia 10 a.m. | Cards, Coloring, Crocheting, Pool, Quilting, Puzzles 8 a.m.  Chair Exercise 9 a.m.  Bingo 10:00 a.m. | Cards, Coloring, Crocheting, Pool, Quilting, Puzzles 8 a.m.  Chair Exercise 9 a.m.  Bible Study 10:00 a.m. | Cards, Coloring, Crocheting, Pool, Quilting, Puzzles 8 a.m.  Chair Exercise 9 a.m. | Cards, Coloring, Crocheting, Pool, Quilting, Puzzles 8 a.m.  Chair Exercise 9 a.m.  Bingo 10 a. m. |
| **AVAILABLE: Pool, Puzzles, Card, Exercise, Meditation, Trivia Breakfast 8:30 a.m. Tuesday - Thursday Lunch 12:00 p.m. Monday - Friday** | | | | |
|  | 1  Educational Discussion  Why We Celebrate 4th of July? | 2 | 3  **Trip:** Walmart 9:30 a.m. | 4  **CENTER CLOSED**  **IN OBSERVANCE OF**  **INDEPENDENCE DAY** |
| 7  Assisted Living Resources with Sean Graham of Her Heart ALF  10:30 a.m. | 8  Adv. Council Shopping 9:30 a.m.  Nutrition Education w/ Sharon  Topic: Healthier Fats and Oils  9:30 a.m.  Charles from: Northwest Behavioral Health 10:00 - 11:30 a.m.  **Trip: Summer Swim**  **Blue Cypress Pool**  **Aqua Aerobics 10-10:45 a.m.** | 9  **Trip:** Bridge the GAP 9:30 a.m. | 10  **Trip:** Batts Family Fun Center  9:30 a.m. | 11  **Trip:**  **Summer Swim**  **Blue Cypress Pool**  **Water Safety 11-11:45 a.m.** |
| 14  Advisory Council Meeting  10:00 a.m.  Importance of Patient Advocacy  w/Understood Care 10:30 a.m. | 15 **Prom Ticket Sales**  **10 a.m. - 11 a.m.**  United Health Care - Activity w/Nakaya  9:30 – 10:30 a.m.  Dedicated Seniors - BINGO w/Lakisa 10:30 a.m. | 16  Encompass Health  10 a.m. | 17  **Trip:** Roses/Burlington 9:30 a.m. | 18 |
| 21  Karaoke 11:00 – 1:00 p.m. | 22  Advisory Council Shopping  9:30 a.m.  **Trip:**  **Summer Swim**  **Blue Cypress Pool**  **Free Swim 11 – 11:45** | 23 | 24  **Trip:** Potter’s House 10:30 a.m. | 25  July Birthday Celebration |
| 28 | 29 | 30  Tai Chi 10:30 a.m. | 31  **Trip:** Rowes/Family Dollar  9:30 a.m. |  |