OCEANWAY SENIOR CENTER JULY 2025

12215 W. Sago Avenue ~ Jacksonville, FL 32218 ~ (904) 255-6855 Specialist Donna Sizemore Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Puzzle Variety 8:00 a.m.Card Games 9 a.m.Bingo 9:15 a.m. Walking 9:30 a.m.Card Games 12:30 p.m.  | Puzzles 8:00 a.m.Breakfast 9:00 a.m. Bingo 9:15 a.m.Walking 9:30 a.m. Card Games 12:30 p.m. | Puzzles 8:00 a.m. Breakfast 9:00 a.m. Card Games 9:00 a.m. Bible Study 10:00 a.m. Chair Volleyball 11 a.m. Puzzles Variety 1 p.m. | Puzzles 8:00 a.m. Breakfast 9:00 a.m.Walking 9:30 a.m. Bingo 9:15 a.m. Education Material 11:30 a.m.Card Games 1 p.m. | Puzzle Variety 8:00 a.m.Bingo 9:15 a.m. Walking 9:30 a.m. Card Games 1 p.m.(V) Video |
| **AVAILABLE DAILY:** Wii Bowling, Games, Billiards, Computers, Walking in the Park, Jigsaw Puzzles, Hidden Picture, Word Puzzles, Fishing, Board Games, Adult Coloring  **LUNCH: 12 p.m. Events Subject to Change**  |
|  | 1Get Up and Move with Diane10:30 a.m. | 2Hurricane Preparedness Presentation with Rob Loryea10 a.m.Line Dance 11 a.m. | 3**Field Trip:** **Celebrate the 4th** Frances Padgett Senior Center Hamburgers and Hotdogs No Cost. Please Sign Up.(Bus leaves at 9:30 a.m.) | 4**CENTER CLOSED** **IN OBSERVANCE OF** **INDEPENDENCE DAY** |
| 7**Field Trip:** Aldi’s River City 10:30 a.m.Site Council Meeting 12:30 p.m. | 8**Field Trip:****Blue Cypress Pool****Aqua Aerobics 11 a.m.***Be here by 9:30 a.m*.  | 9**Field Trip**:Bridge the GapBring an insulated or reuseable bag.(Bus Leaves 9:15 a.m.)Line Dance 11 a.m. | 10Cognition, Language and Aging Presentation with Ashley of Empowered Rehab 10:30 a.m.Participants Meeting 12:00 p.m.  | 11Bingo with Blake of Lanier Rehab9:00 a.m.Northwest Behavorial Group 10:30 a.m. |
| 14 **Prom Ticket Sales** **10 a.m. - 11 a.m.**Nutritional Education with Nutritionist, Sharon Lutheran, Healthy Fats and Oils 10:30 a.m. | 15**Field Trip:** **Blue Cypress Pool****Water Safety 11 a.m.***Be here by 9:30 a.m.*  | 16**Field Trip:** Canning ClassExtension Office (Bus leaves at 9:30) Line Dance 11 a.m.  | 17**Field Trip:** PublixonYellow Bluff 10:30 a.m.  | 18Northwest Behavorial Group10:30 a.m.  |
| 21**Field Trip:**Bennie Furlong Senior CenterBeachwalk Tour (Bag Lunch)(Bus leaves at 9:45 a.m.) | 22Active Living Everyday Class w/AHEC 10:30 a.m. | 23Exercise Class w/Kaitlyn Buss of Encompass Health 10 a.m.Line Dance 11 a.m. | 24**Field Trip:** Junior’s Restaurant (Must Preorder) (Self Pay) 10:30 a.m.  | 25**Field Trip:** **Blue Cypress Pool****Free Swim – 11 a.m.***Be here by 9:30 a.m.* \*Northwest Behavorial Group10:30 a.m.  |
| 28**Field Trip**: Dollar Tree 10:30 a.m. | 29Active Living EverydayClass w/AHEC 10:30 a.m. | 30Exercise (V) 10:00 a.m.Line Dance 11:00 a.m. | 31TAI CHI w/Charles of Conviva10:30 a.m. |  |