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** | | | | |
|  | 1  Get Up and Move with Diane  10:30 a.m. | 2  Hurricane Preparedness Presentation with Rob Loryea  10 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 Gap  Bring an insulated or reuseable bag.  (Bus Leaves 9:15 a.m.)  Line Dance 11 a.m. | 10  Cognition, Language and Aging Presentation with Ashley of Empowered Rehab 10:30 a.m.  Participants Meeting 12:00 p.m. | 11  Bingo with Blake of Lanier Rehab  9:00 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 Class  Extension Office  (Bus leaves at 9:30)  Line Dance 11 a.m. | 17  **Field Trip:** PublixonYellow Bluff 10:30 a.m. | 18  Northwest Behavorial Group  10:30 a.m. |
| 21  **Field Trip:**  Bennie Furlong Senior Center  Beachwalk Tour (Bag Lunch)  (Bus leaves at 9:45 a.m.) | 22  Active Living Everyday  Class w/AHEC 10:30 a.m. | 23  Exercise 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 Group  10:30 a.m. |
| 28  **Field Trip**: Dollar Tree  10:30 a.m. | 29  Active Living Everyday  Class w/AHEC 10:30 a.m. | 30  Exercise (V) 10:00 a.m.  Line Dance 11:00 a.m. | 31  TAI CHI w/Charles of Conviva  10:30 a.m. |  |