

# SOUTHSIDE SENIOR CENTER

10080 Beach Blvd ~ Jacksonville, FL 32246

Specialist: Charles Webster

Phone: 904-255-6940

# OCTOBER 2025

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking for Health 8 a.m. Games-Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Canasta 8 a.m. Spanish Class 10 a.m. Bingo 11 a.m. Chair Exercise (V) 1 p.m. Chair Volleyball 1 p.m. (V) Video	Walking for Health 8 a.m. Games-Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Canasta 8 a.m. Men's Bible Study 10 a.m. Jazzco Line Dance 10 a.m. Chair Exercise (V) 1 p.m. Cards and Games 1 p.m. Mahjong 1 p.m.	Walking for Health 8 a.m. Games - Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Open Art Studio 9 a.m. Spanish Bible Study 10:30 a.m. Ukulele/Singalong 11 a.m. Chair Exercise (V) 1 p.m.  (V) Video	Walking for Health 8 a.m. Puzzle - Games 8 a.m. Canasta 8 a.m. Chair Exercise (V) 9 a.m. Loteria (Spanish Bingo) 10 a.m. Chair Exercise (V) 1 p.m.	Walking for Health 8 a.m. Games - Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Spanish (beginners) 10 a.m. Bingo 11 a.m. Chair Volleyball 1 p.m. Chair Exercise (V) 1 p.m. (V) Video

**AVAILABLE DAILY:** Adult Coloring, Computer Lab, Exercises, Games, Hiking, Puzzles, and so much more.

**BREAKFAST: 9 a.m. T-W-TH**

**LUNCH: 12 p.m.**

ACTIVITIES ARE SUBJECT TO CHANGE	RESERVE ALL MEALS Failure to reserve a meal could cause you not to receive a meal at the center that day.	1 Nutrition Education w/Sharon 9 a.m.  <b>SAIL</b> Exercise 10 a.m.	2 Northwest Behavioral Health with Charles 10 a.m. - 11:30 a.m.	3 Tai Chi w/Kathleen 10 a.m.  <b>SAIL</b> Exercise 10 a.m.
6 <b>SAIL Exercise 10 am</b>  Knitting/Crocheting 1 p.m.  Southside Members Meeting (IMPORTANT) 10 a.m.	7 <b>Outing:</b> Winn-Dixie (Beach Blvd) 10 a.m.  Jazzco Line Dance 10 a.m.  Mahjong 1 p.m.	8 <b>SAIL</b> Exercise 10 a.m.  Spanish Bible Study 10:30 a.m.  Ukulele/Singalong 11 a.m.	9  <b>Senior Blue Gala Hosted by Will Thorpe Karaoke Mary Singleton 10 ~ 2</b>	10 Tai Chi w/Kathleen 10 a.m.  <b>SAIL</b> Exercise 10 a.m.
13 <b>SAIL Exercise 10 am</b>  Knitting/Crocheting 1 p.m.	14 ArchWell 11 a.m.	15 CarePlus Humana w/Nelson Medicare 101 10 a.m.  Ukulele/Singalong 11 a.m.	16 "Killer Painkillers" Presentation by Charlie 11 a.m.	17 CapTel Phones Demo / Bingo 10 a.m.  Tai Chi w/Kathleen 10 a.m.  <b>SAIL</b> Exercise 10 a.m.
20 <b>SAIL Exercise 10 am</b>  Knitting/Crocheting 1 p.m.	21 Jazzco Line Dance 10 a.m.  October Birthday Celebration and Dance with Mari 11 a.m.  Mahjong 1 p.m.	22 <b>SAIL</b> Exercise 10 a.m.  Spanish Bible Study 10:30 a.m.  Ukulele/Singalong 11 a.m.	23 <b>Outing:</b> Publix (Beach Blvd) 10 a.m.	24  <b>Arboretum and Gardens Fall In Love with Nature Hike and Stroll 10 ~ 12</b>
27 <b>SAIL Exercise 10 am</b>  Knitting/Crocheting 1 p.m.	28 Jazzco Line Dance 10 a.m.  Mahjong 1 p.m.	29  <b>Fall Resource Festival Extension Office 10 ~ 12</b>	30 Loteria (Spanish Bingo) 10 a.m.	31 Halloween Party 10 a.m. - 2 p.m.  Tai Chi w/Kathleen 10 a.m. <b>SAIL</b> Exercise 10 a.m.