SOUTHSIDE SENIOR CENTER MAY 2025

10080 Beach Blvd ~ Jacksonville, FL 32246 Specialist: Kima Morales/Charles Webster Phone: 904-255-6940 Monday – Friday 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Walking for Health 8 a.m.  Puzzles / Coloring 8 a.m.  Chair Exercise (V) 9 a.m.  Canasta 8:30 a.m.  Spanish Class 10:30 a.m.  Bingo 11 a.m.  Chair Exercise (V) 1 p.m.  Chair Volleyball 1 p.m.  History Bytes w/Tony 1 p.m.  Knitting/Crocheting 1 p.m.  (V) Video | Walking for Health 8 a.m.  Puzzles / Coloring 8 a.m.  Chair Exercise (V) 9 a.m.  Jazzco Line Dance 10 a.m.  Spanish Bible Study 11:00 a.m. Chair Exercise (V) 1 p.m.  Cards & Games 1 p.m.  Mahjong 1 p.m.  (V) Video | Walking for Health 8 a.m.  Puzzles / Coloring 8 a.m.  Open Art Room 9 a.m.  Chair Exercise (V) 9 a.m.  Ukulele/Singalong 11 a.m.  Chair Exercise (V) 1 p.m.  Chair Volleyball 1 p.m.  (V) Video | Walking for Health 8 a.m.  Puzzles / Coloring 8 a.m.  Chair Exercise (V) 9 a.m.  Canasta 8:30 a.m.  Loteria/Mexican Bingo  10:30 a.m.  Chair Exercise (V) 1 p.m.  Partnered Games 1 p.m.  (V) Video | Walking for Health 8 a.m.  Puzzles / Coloring 8 a.m.  Chair Exercise (V) 9 a.m.  Bible Study 10 a.m.  Tai Chi w/Kathleen 10 a.m.  Spanish Class 10:30 a.m.  Bingo 11 a.m.  Chair Exercise (V) 1 p.m.  Chair Volleyball 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.** | | | | |
|  |  |  | 1  Tech Pop-Up 10am-12pm  (Seniors on a Mission)  Northwest Behavioral Health with Charles 10 a.m. | 2 |
| 5 CINCO DE MAYO  LOTERIA (Mexican Bingo) 11 a.m. | 6  Health Chat & Pop-Up Pantry  (Convivia / Care Plus) 11 a.m. | 7  **Bash at the Ballfield**  **VyStar Ballpark**  **Limited Tickets Available**  **RSVP Required** | 8 | **9**  **Mother’s Day Celebration 12 p.m.** |
| 12  30 Min. Mindful Meditation 9 a.m. | 13 | 14  Presentation:  Senior Living Options  w/Harmony Senior Advisors  10 a.m. | 15  **FIELD TRIP**  Dos Amigos Mexican Restaurant & Market  (Beach Blvd) 11 a.m. | 16  May Birthday Celebrations  12:30 p.m. w/Conviva  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Saturday the** **17th**  Growing Bolder 9 a.m. - 1 p.m.  100 Festival Park Ave. 32202  Transportation Provided  Sign Up to Attend |
| 19 | 20  Captel Bingo & Presentation  w/Dawn (OEI) 11 a.m. | **21**  **Tuft Lyfe Craft Rug Demo & Class 9 a.m. (fee for class)** | 22  **SENIOR EXPO**  **ADAM HERBERT CENTER**  **UNF 10 a.m.-12 p.m.** | 23 |
| 26  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MEMORIAL DAY** | 27 | 28  **FIELD TRIP**  Shrimp Shack  10:30 a.m. (Beach Blvd) | 29  **SENIOR CENTER SHOWCASE!**  **MARY SINGLETON**  **10 a.m. - 2 p.m.** | 30 |