SOUTHSIDE SENIOR CENTER JUNE 2025

10080 Beach Blvd ~ Jacksonville, FL 32246 Specialist: 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. Games-Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Canasta 8:30 a.m. Spanish Class 10 a.m. Bingo 11 a.m. Chair Exercise (V) 1 p.m.Chair Volleyball 1 p.m. Knitting/Crocheting 1 p.m. | Walking for Health 8 a.m. Puzzle / Games 8 a.m. Chair Exercise (V) 9 a.m. Jazzco Line Dance 10 a.m. Chair Exercise (V) 1 p.m.Cards and Games 1 p.m.Mahjong 1 p.m.(V) Video | 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 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 8:30 a.m.Chair Exercise (V) 9 a.m. Loteria (Spanish Bingo) 10 a.m. Chair Exercise (V) 1 p.m.(V) Video | Walking for Health 8 a.m. Games - Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Tai Chi w/Kathleen 10 a.m. Spanish (beginners) 10 a.m. Bingo 11 a.m.Chair Volleyball 1 p.m.Chair Exercise (V) 1 p.m. |
| **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. M-F** |
| 2 | 3Lunch & Learn Presentation:“Purpose as Key to Aging Well”w/David Kobelin – Clarity Coach12:15 p.m. | 4 | 5Identity Theft & Fraudw/Dave Aubuchon of VyStar11 a.m. | 6 |
| 9 **National Men’s Health Week**Presentation:Speech Therapy/Parkinson’s w/Ashley Michaelis ofEmpowered Voice Rehab 9 a.m. | 10Men’s Morning Fitness Chat Hosted by Linton/Care Plus 9 a.m. | 11Tai Chi with the Fellas! Hosted by Charles/Conviva10 a.m.Lunch & Learn Presentation:“Living with Arthritis” 12:30 p.m.Hosted by Marc of Encompass  | 125-D Diamond Crafts 9 - 11 a.m.Pops for Poppa!(Popcorn & Popsicles) 11 a.m. | 13Father’s Day Celebration Sponsored by Care Plus/NelsonUlysis Sings! 12:00 p.m. |
| 16 | 17 | 18Nutrition Education w/Sharon (COJ Dietician) 9:30 a.m.Juneteenth Lunch Trivia 12:30 p.m. | 19**CENTER CLOSED IN OBSERVANCE OF JUNETEENTH** | 20June Birthday Celebration hosted by Conviva 12:30 p.m.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tea at the Terry Ritz Chamber Players Voices of FreedomFlorida Blue Conference Ctr. 1–2 p.m. |
| 23Duval County Supervisor of Elections Presentation 10:30 a.m.  | 24“Technology 101” with Nelson of Care Plus 11 a.m. | 25 | 26**FIELD TRIP:** Celano’s Bistro 10:30 a.m. | 27 |
| 30 |  |  |  |  |