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 | 3  Lunch & Learn Presentation:  “Purpose as Key to Aging Well”  w/David Kobelin – Clarity Coach  12:15 p.m. | 4 | 5  Identity Theft & Fraud  w/Dave Aubuchon of VyStar  11 a.m. | 6 |
| 9 **National Men’s Health Week**  Presentation:  Speech Therapy/Parkinson’s  w/Ashley Michaelis of  Empowered Voice Rehab 9 a.m. | 10  Men’s Morning Fitness Chat Hosted by Linton/Care Plus  9 a.m. | 11  Tai Chi with the Fellas!  Hosted by Charles/Conviva  10 a.m.  Lunch & Learn Presentation:  “Living with Arthritis” 12:30 p.m.  Hosted by Marc of Encompass | 12  5-D Diamond Crafts 9 - 11 a.m.  Pops for Poppa!  (Popcorn & Popsicles) 11 a.m. | 13  Father’s Day Celebration Sponsored by Care Plus/Nelson  Ulysis Sings! 12:00 p.m. |
| 16 | 17 | 18  Nutrition Education w/Sharon  (COJ Dietician) 9:30 a.m.  Juneteenth Lunch Trivia 12:30 p.m. | 19  **CENTER CLOSED IN OBSERVANCE OF JUNETEENTH** | 20  June Birthday Celebration hosted by Conviva 12:30 p.m.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Tea at the Terry  Ritz Chamber Players  Voices of Freedom  Florida Blue Conference Ctr.  1–2 p.m. |
| 23  Duval 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 |  |  |  |  |