SOUTHSIDE SENIOR CENTER JULY 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.  SAIL Exercise Program 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.  **Bingo 1 p.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.  SAIL Exercise Program 10 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 8:30 a.m.  Chair Exercise (V) 9 a.m.  Loteria (Spanish Bingo) 10 a.m. **Drumming Exercises 11 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.  SAIL Exercise Program 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** | | | | |
|  | 1  Food Pantry Pop-Up  Sponsored by Care Plus  11 a.m.  **Bingo 1 p.m.** | 2  Nutrition Education w/Sharon  Healthy Fats and Oils 9:30 a.m. | 3  Northwest Behavioral Health w/Charles 10 a.m.-11:30 a.m.  **Drumming Exercises 11 a.m.**  Fourth of July Celebration  12 p.m. | 4  **CENTER CLOSED**  **IN OBSERVANCE OF**  **INDEPENDENCE DAY** |
| 7  SAIL Exercise Program 10 a.m. | 8  **Summer Swim**  **Blue Cypress Pool**  **Aqua Aerobics 10 a.m.**  **Bingo 1 p.m.** | 9 **Prom Ticket Sales**  **10 a.m. - 1 p.m.**  SAIL Exercise Program 10 a.m. | 10 **NATIONAL KITTEN DAY**  **Drumming Exercises 11 a.m.** | 11  SAIL Exercise Program 10 a.m.  **Summer Swim**  **Blue Cypress Pool**  **Water Safety 11 a.m.** |
| 14  SAIL Exercise Program 10 a.m. | 15  Identity Theft & Fraud  w/Dave Aubuchon of VyStar  11 a.m.  **Bingo 1 p.m.** | 16 **NATIONAL HOT DOG DAY**  SAIL Exercise Program 10 a.m. | 17 **WORLD EMOJI DAY**  **Drumming Exercises 11 a.m.** | 18  SAIL Exercise Program 10 a.m. |
| 21  SAIL Exercise Program 10 a.m. | 22  **Summer Swim**  **Blue Cypress Pool**  **Free Swim 11 a.m.**  **Bingo 1 p.m.** | 23  SAIL Exercise Program 10 a.m. | 24  **Field Trip: Canning Class**  **Extension Office 10 a.m.**  **Drumming Exercises 11 a.m.** | 25  SAIL Exercise Program 10 a.m.  Nature Walk w/Jolie Parks, Naturalist 10 a.m. |
| 28  SAIL Exercise Program 10 a.m. | 29  **Bingo 1 p.m.** | 30  SAIL Exercise Program 10 a.m. | 31 **CHILI DOG DAY**  **Site Council Election Day**  **Drumming Exercises 11 a.m.** |  |

**COMING IN AUGUST:** Wednesdays Trivia 1 p.m. Thursdays Family Feud 1 p.m. **COMING IN SEPTEMBER:** Family History 101