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** |
|  | 1Food Pantry Pop-Up Sponsored by Care Plus11 a.m.**Bingo 1 p.m.** | 2Nutrition Education w/SharonHealthy Fats and Oils 9:30 a.m. | 3Northwest 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** |
| 7SAIL 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.** | 11SAIL Exercise Program 10 a.m.**Summer Swim** **Blue Cypress Pool****Water Safety 11 a.m.** |
| 14SAIL Exercise Program 10 a.m. | 15Identity Theft & Fraud w/Dave Aubuchon of VyStar11 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.** | 18SAIL Exercise Program 10 a.m. |
| 21SAIL Exercise Program 10 a.m. | 22**Summer Swim** **Blue Cypress Pool** **Free Swim 11 a.m.****Bingo 1 p.m.** | 23SAIL Exercise Program 10 a.m. | 24**Field Trip: Canning Class****Extension Office 10 a.m.****Drumming Exercises 11 a.m.** | 25SAIL Exercise Program 10 a.m.Nature Walk w/Jolie Parks, Naturalist 10 a.m. |
| 28SAIL Exercise Program 10 a.m. | 29**Bingo 1 p.m.** | 30SAIL 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