SOUTHSIDE SENIOR CENTER AUGUST 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.  SAIL Exercise Program 10 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.  (V) Video | Walking for Health 8 a.m.  Puzzle / Games 8 a.m.  Chair Exercise (V) 9 a.m.  Jazzco Line Dance 10 a.m.  Men’s Bible Study 11 a.m.  Chair Exercise (V) 1 p.m.  Cards and Games 1 p.m.  Mahjong 1 p.m. | 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. | 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.  **Chair Drumming Exercise 2 p.m.** | Walking for Health 8 a.m.  Games - Puzzle 8 a.m.  Chair Exercise (V) 9 a.m.  Bible Study 10 a.m.  SAIL Exercise Program 10 a.m. Tai Chi w/Kathleen 10 a.m.  Spanish Class (beginners)  10 a.m.  Bingo 11 a.m.  Chair Volleyball 1 p.m.  Chair Exercise (V) 1 p.m. |
| **AVAILABLE DAILY:** Adult Coloring, Card Games, Dominoes, Computer Lab, Exercises, Puzzles, and so much more. B**REAKFAST: 9 a.m. T-W-TH LUNCH: 12** **p.m.** | | | | |
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| 4 | 5  Men’s Bible Study 11 a.m.  Marquis Health Hypertension Lunch and Lecture  11:30 a.m. ~ 1 p.m. | 6  Nutrition Education w/Sharon 9:30 a.m. | 7  NW Behavior Group 10 – 11:30 a.m.  **FIELD TRIP:** Whataburger 11 a.m.  **Chair Drumming Exercise 2 p.m.** | 8  **SENIOR PROM**  **“A Golden Time of Day”**  **PRIME OSBORNE**  **5:30 ~ 8:30** |
| 11 | 12  Men’s Bible Study 11 a.m.  **Blue Cypress Pool**  **Water Safety Class 11 a.m.** | 13  Conviva Painting Program  10 a.m.  **CENTER CLOSING EARLY**  **FOR CAS MEETING** | 14  **FIELD TRIP:** Walmart  **Chair Drumming Exercise 2 p.m.** | 15 |
| 18 | 19  Men’s Bible Study 11 a.m. | 20 | 21  **FIELD TRIP:**  Goodwill/Winn Dixie 10 a.m.  **Chair Drumming Exercise 2 p.m.** | 22  **Blue Cypress Pool**  **Summer’s End**  **Free Swim! 10 ~ 12** |
| 25 | 26  Men’s Bible Study 11 a.m.  **Blue Cypress Pool**  **Aqua Aerobics Class 10 a.m.** | 27 | 28  **FIELD TRIP:**  Celano’s Italian Bistro 11 a.m.  **Chair Drumming Exercise 2 p.m.** | 29 |

**ALL MEALS MUST BE RESERVED. Failure to reserve a meal could result in you not receiving a meal at the center that day. PLEASE RESERVE YOUR MEALS.**