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 | 5Men’s Bible Study 11 a.m.Marquis Health Hypertension Lunch and Lecture 11:30 a.m. ~ 1 p.m. | 6Nutrition Education w/Sharon 9:30 a.m. | 7NW 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.** | 13Conviva Painting Program 10 a.m.**CENTER CLOSING EARLY** **FOR CAS MEETING** | 14 **FIELD TRIP:** Walmart **Chair Drumming Exercise 2 p.m.** | 15 |
| 18 | 19Men’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 | 26Men’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.**