

# MARY L. SINGLETON SENIOR CENTER

## August 2023

150 E. 1<sup>st</sup> St. ~ Jacksonville, FL 32206 ~ (904) 255-6666

Specialist: Joanna Ching /Ila Hawkins-Riley

Monday - Friday ~ 8 a.m. to 5p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics Class 8 a.m. Bingo 9 a.m. Open Computer Lab 9:30 a.m. Making of Jewelry 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Bingo 1 p.m. Chair Volleyball 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Breakfast 9 a.m. Bingo 9 a.m. Open Computer Lab 9:30 a.m. Line Dancing 10 a.m. Walks and Talks Walking Club 10 a.m. Open Computer Lab 1 p.m. Line Dancing 1 p.m. Chair Volleyball 1 p.m.	Ceramics Class 8 a.m. Breakfast 9 a.m. Bingo 9 a.m. Open Computer Lab 9:30 a.m. Art Class 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Exercise Class 10 a.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Open Computer Lab 1 p.m. Bingo 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Breakfast 9 a.m. Bingo 9 a.m. Open Computer Lab 9:30 a.m. Crocheting Class 10 a.m. Day w/ the Dietician 10 a.m. Line Dancing 10 a.m. Open Computer Lab 1 p.m. Chair Volleyball 1 p.m. Drama Club 1:30 p.m. Games & Dancing 5 p.m.	Ceramics Class 8 a.m. Chair Yoga Video 9 a.m. Bingo 9 a.m. Line Dancing 10 a.m. Walks and Talks Walking Club 10 a.m. Bingo 1 p.m. Crocheting Class 1 p.m. Chair Volleyball 1 p.m.
<b>AVAILABLE DAILY</b> Bingo, Billiards, & Card Games				
		<b>LUNCH</b> 12:00 p.m.		<b>Clothes Closet</b> Monday ~ Friday 9 a.m. ~ 11:30 a.m.
	1	2 The Emerson Thrift Store 10:00 a.m.	3 "Seniors on a Mission" (All Day) SHINE Presentation by Carrie Petesch 10:30 a.m. "Medicare Basics"	4 Senior Prom (Prime Osborn Center) <b>*must purchase ticket(s)*</b> 5 p.m.- 8:30 p.m.
7	8 Take control of your Cholesterol W/ Dana 10:00 a.m.	9 Charlie Joseph Spirit Week 10:00 a.m. A day in Hawaii	10 Trip to Carvill for Men's Fun Day 10:00 a.m. Billiards, Checkers, Cards & Basketball Free throws.	11 Jaguar Football Kickoff Wear your Jaguar Gear
14 Fancy Sushi & Grill Japanese Restaurant Buffet 11:00 a.m.	15	16 Tacky Day- Wear your Tackiest Attire!	17 Madea Movie: Death at Funeral 10:30 a.m.	18 Fish & Grits breakfast fundraiser 9:00 a.m.
21 Wear Green for National Senior Citizen's Day!	22	23 Brain Food w / Dana 11:00 a.m.	24 Motown Review - Watching Motown Music Videos in Auditorium 11:00 a.m.	25
28 Walk Around the World with Senior Services 10:00 a.m. Location: TBD	29 Scavenger Hunt 11:00 a.m.	30	31	