


MARY L. SINGLETON SENIOR CENTER

September 2023

150 E. 1st 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. Open Computer Lab 9:30 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Jewelry Making Class 11 a.m. Line Dancing 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. 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. Open Computer Lab 9:30 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. 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. Line Dancing 1 p.m. Drama Club 1:30 p.m. Bingo 2:30 p.m. Games & Dancing 5 p.m.	Ceramics Class 8 a.m. Chair Yoga Video 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.
AVAILABLE DAILY Bingo, Billiards, Coloring, Jigsaw Puzzle & Card Games LUNCH 12:00 p.m. Clothes Closet Monday ~ Friday 9 a.m. ~ 11:30 a.m.				
September is National Falls Prevention Awareness Month! 				1 Mary Singleton Game Day: Singleton Shirts all colors. Bring a family or Friend over 60 years old 10:00 a.m.
4 Center Closed in Observance of Labor Day	5 Table Topics 11:00 a.m.	6 Flea Market at Mary Singleton 8:00 a.m.	7 FIELD TRIP: Sam's Club 10:00 a.m.	8 Glamour Class (Wig-Making) 10:00 a.m.
11 FIELD TRIP: Golden Corral buffet 10:00 a.m.	12 Get up and Move – Exercise Class at Charlie Joseph 10:30 a.m.	13 Fun Day 11:00 a.m.	14 Trip to Jacksonville Zoo 10:00 am Registration Required Live Music 5:00 p.m.	15 Grilled Hot Dog & Sausage Dog Fundraising 11:30 a.m.
18 "Sizersize"- Chair Exercise Class 11:00 a.m.	19 Backyard Party bring a friend 10:00 a.m.	20 FIELD TRIP: Five Below 10:00 a.m.	21 FALL in line with Dana on good health 11:00 a.m.	22 Checker / Pool Tournament 10:00 a.m.
25	26	27 FIELD TRIP: Emerson Thrift Store 10:00 a.m. A.A.R.P.- Driving Course- Registration Required	28 Singleton's Rip the Runway 5:00 p.m.	29 September Birthday Celebration 11:00 a.m. 