

# OCEANWAY SENIOR CENTER

12215 W. Sago Avenue ~ Jacksonville, FL 32218 ~ (904) 255-6855

Specialist Donna Sizemore

## August 2023

Monday – Friday ~ 8 a.m. to 5

p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Variety 8:00 a.m. Educational Material 9 a.m. Card Games 9 a.m. Bingo 9:15 a.m. Gardening 11 a.m.	Puzzles 8:00 a.m. Breakfast 9:00 a.m. Educational Material 9:00 a.m. Bingo 9:15 a.m. Card Games 12:30 p.m.	Puzzles 8:30 a.m. Breakfast 9 a.m. Educational Material 9 a.m. Bible Study 10 a.m. Chair Volleyball 11 a.m. Puzzles Variety 1 p.m.	Breakfast 9:00 a.m. Bingo 9:15 a.m. Education Material 11:00 a.m. Card Games 1 p.m.	Puzzle Variety 8:00 a.m. Bingo 9:15 a.m. Chair Volleyball 11 a.m. Dominoes 12:30 p.m. Card Games 1 p.m.
<b>AVAILABLE DAILY</b> Wii Bowling, Games, Billiards, Computers, Walking in the Park, Jigsaw Puzzles, Hidden Picture, Word Puzzles, Fishing, Board Games, Adult Coloring, Sewing Machine Available <b>LUNCH 12 p.m. Bingo Monday, Tuesday, Thursday, Friday @9:15 a.m.</b>				
	1 Jax Fire & Rescue Dept. "Fire Safety Class" presented by Lt. Kwasi Dingle 11 a.m.  Line Dance 1 p.m.	2 AHEC Exercise Class 10:30 a.m. (Reg. Req)	3 Field Trip to Aldi 10:30 a.m.  Crochet/Sewing Class 1 p.m.	4 AHEC Exercise Class (Reg. Req) 10:30 a.m. Senior Prom at The Prime Osborn Convention Center 5-8 p.m.,
7 Special Bingo 9:15 a.m.  AHEC Exercise Class (Reg. Req) 10:30 a.m.	8 Bingo with Rob of CarePlus 10:30 a.m. Site Council Mtg. 12:30 p.m. Line Dance 2 p.m.	9 Dana Gardner, Dietitian, Blood Pressure Checks 10 a.m. Last AHEC Exercise Class (reg. Req.) 10:30 a.m.	10 Field Trip to Dollar Tree 10:30 a.m. Crochet/Sewing Class 1 p.m.	11 Chair Volleyball 11 a.m. Participant Meeting 12 p.m.
14 Restaurant Golden Corral 10:30 a.m.	15 Oceanway Spirit Week "LUAU Fun" 10:30 a.m. Line Dance 1 p.m.	16 Oceanway Spirit Week "LUAU Fun" 10:30 a.m.	17 Oceanway Spirit Week "LUAU Fun" 10:30 a.m. Crochet/Sewing Class 1 p.m.	18
21 Special Bingo 9:15 a.m. <b>Wear Green for National Senior Citizen's Day!</b>	22 Jax Fire & Rescue Dept. "CPR Class" presented by Lt. Kwasi Dingle 11 a.m. Line Dance 1 p.m.	23	24 Field Trip to Fresh Fields Farm Grocery Store with Dana Gardner, Dietitian 10:30 a.m. *Crochet/Sewing Class 1 p.m.	25 Birthday Celebrations 12 p.m. National Secondhand Day Bring in a good condition item from home to swap with other seniors
28 Chair Volleyball 11 a.m.	29 Wear a Toga Day. Greek appetizers will be served 10:45 a.m.  Line Dance 1 p.m.	30 Trip to Duval Extension Office: Making Jam at the Cannery 10:00 a.m.	31 Movie Day "TBD" 10:30 a.m.  Crochet/Sewing Class 1 p.m.	