



# OCEANWAY SENIOR CENTER

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

Specialist: Donna Sizemore

## September 2023

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Variety 8:30 a.m. Card Games 9 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Gardening 11 a.m. Card Games 12:30 p.m.	Puzzles 8:30 a.m. Breakfast 9:30 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Card Games 12:30 p.m.	Puzzles 8:30 a.m. Card Games 9 a.m. Bible Study 10 a.m. Chair Volleyball 11 a.m. Puzzles Variety 1 p.m.	Breakfast 9:30 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Senior Exercise Class 11 a.m. Education Material 11:30 a.m. Card Games 1 p.m.	Puzzle Variety 8:30 a.m. Walking 9:30 a.m. Bingo 9:30 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</b> 12 p.m.				
<b>September is National Falls Prevention Awareness Month!</b>  				1 Labor Day Celebration with ice cream & treats sponsored by Site Council
4 Center Closed in Observance of the Labor Day Holiday	5 National Cheese Pizza Day- Site Council Sponsored Pizza Bagels.  Line Dance 1 p.m.	6 Ceramic Painting 10 a.m. Chair Volleyball 11 a.m.	7 Field Trip to Winn Dixie 10:30 a.m. Crochet Class 1 p.m.	8 Exercise Class with Video 11 a.m.
11 Special Bingo 9:15 a.m.  Field Trip to Goodwill 10:30 a.m.	12 Dana Gardner, Nutritionist, Topic: Food Labels 11 a.m. Bring your favorite food can/container to discuss food nutrition labels Site Council Meeting 12:30 p.m.	13 Ceramic Painting 10 a.m. Chair Volleyball 11 a.m.	14 Trip to Jacksonville Zoo 10:00 am Registration Required Crochet Class 1 p.m.	15 Movie: TBD 10:15 a.m.
18 Field Trip to Mr. Potato Spread Restaurant 10:30 a.m.	19 Participant's Meeting Noon Line Dance 1 p.m.	20 Ceramic Painting 10 a.m. Chair Volleyball 11 a.m.	21 Bingo with Rob from Care Plus 10:30 Crochet Class 1 p.m.	22 Exercise Class with Video 11 a.m.
25	26 National Pancake Day- Site Council Sponsored Mini Pancake Breakfast  Line Dance 1 p.m.	27 Ceramic Painting 10 a.m. Chair Volleyball 11 a.m.	28 Field Trip to Publix 10:30 a.m.  Crochet 1 p.m.	29 National Coffee Day- Site council Sponsored Coffee Flavored Ice cream  Birthday Celebrations 12 p.m.