

SOUTHSIDE COMMUNITY CENTER

August 2023

10080 Beach Blvd ~ Jacksonville, FL 32246

Specialist: Dawn Avery/ Charlie Webster

Phone: 904-255-6940

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking for Health 8 a.m. Brain Games/Puzzle 8 a.m. Chair Yoga (V) (BYO mat) 9:30 a.m. Spanish Class 10:30 a.m. Bingo 11 a.m. Chair Volleyball 1 p.m. Line Dancing 2 p.m. (V)=video	Walking for Health 8 a.m. Puzzle/Brain Games 8 a.m. Bridge 9 a.m. Chair Exercise (V) 9:30 a.m. Jazzco Beginners 9:30 a.m. Jazzco Line Dance 10 a.m. Tai Chi 24-Steps 11 a.m. Technology Aid w/ Tony (10 a.m.-12 p.m.) Family History class 1 p.m.	Walking for Health 8 a.m. Brain Games/Puzzle 8 a.m. Zumba Gold + Fit (V) 9 a.m. Acrylic Painting w/Angelo 9:30 a.m. Book Club 10 a.m. Ukulele Lesson/Sing-along 11 a.m. Bingo 1 p.m. Ballroom Dancing 7:30 p.m. - 9p.m.	Walking for Health 8 a.m. Puzzle/Brain Games 8 a.m. Chair Yoga (V) 9 a.m. SS Singers Sing (choir practice) 10 a.m. Breathing Meditation 11 a.m. Stretching Together (V) (BYO Mat) 1 p.m.	Walking for Health 8 a.m. Brain Games/Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Spanish Class 10:30 a.m. Bingo 11 a.m.
AVAILABLE DAILY Puzzles, Brain Games, Hiking, Exercises, Board Games, Card Games, Coloring and Computer Lab BREAKFAST 9 a.m. LUNCH 12 p.m.				
	1 Family History class W/ Charlie 1 p.m. Nutrition Counseling w/Dana 11 a.m.	2 National Ice Cream Sandwich Day 11:30 a.m.	3 CRAFT: Card Making Class 10 a.m. Acoustic Jam 1p.m.-4 p.m.	4 Senior Prom (Prime Osborn Center) *must purchase ticket(s)* 5 p.m.- 8:30 p.m.
7 Florida Blue class 10 a.m. TOPIC: Beyond the stress ball	8 Grief Support Group 1 p.m.	9 Devoted Medical Services Presents: Hurricane Preparedness with Gianna 10:30 a.m.	10 CRAFT: Quilt/Sewing 1 p.m. FIELD TRIP: Walmart 10 a.m.	11
14	15	16	17 CRAFT: Card Making Class 10 a.m.	18
21 Wear Green for National Senior Citizen's Day!	22 Growing/Planting with Cora 11 a.m. Ballroom Dance Lesson 1 p.m. Ballroom Dance 2 p.m.	23 FIELD TRIP: Publix 10 a.m. Blood Pressure Screening w/ Dana 10 a.m.	24 Jax Library services and card sign up at center 11 a.m.	25 Botanical Hike with Naturalist Jolie 10 a.m. Celebrate August Birthdays
28 Walk Around the World with Senior Services 10:00 a.m. Location: TBD	29 Hoyle Day: Learn how to play different card games 10 a.m.	30	31 National Overdose Awareness Day presentation W/ Charlie: Opioids and You 11 a.m.	