

# SOUTHSIDE COMMUNITY CENTER




10080 Beach Blvd ~ Jacksonville, FL 32246

Specialist: Dawn Avery/Charles Webster

Phone: 904-255-6940

## September 2023

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. Canasta 9 a.m. Chair Exercise (V) 9 a.m. Spanish Class 10:30 a.m. Bingo 11 a.m. History Bytes w/ Tony 1 p.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. Chair Yoga (V) 9 a.m. Jazzco Beginners 9:30am Jazzco Line Dance 10am Tai Chi- Kathleen 10 a.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 with Angelo 9:30 a.m. Book Club 10 a.m. Ukulele Lesson/Singalong 11 a.m. Bingo 1 p.m. Ballroom Dancing 7:30-9 p.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.	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. Craft Class 1-2 p.m.
<b>AVAILABLE DAILY</b> Puzzles, Brain Games, Hiking, Exercises, Board Games, Card Games, Coloring and Computer Lab <b>BREAKFAST 9-10 a.m. LUNCH 12-1 p.m.</b>				
<b>September is National Falls Prevention Awareness Month!</b>  				1
4 <i>Center Closed in Observance of Labor Day</i>	5	6	7 <b>CRAFT:</b> Card Making 10 a.m. Trivia 11 a.m. Acoustic Jam 1 p.m.	8 <b>National Grandparents Day-</b> feel free to bring in pictures of your grandkids to share with group. 10:00 a.m. Botanical Hike w/Jolie 10 a.m.
11	12	13 <b>FIELD TRIP:</b> Walmart 10 a.m.	14 <b>CRAFT:</b> Quilt/Sewing 1 p.m. Trip to Jacksonville Zoo 10:00 a.m. Registration Required Trivia 11 a.m.	15 Southside 1yr. Anniversary Celebration 10:00 a.m.-1:00 p.m. 
18	19 <b>Talk Like a Pirate Day-</b> Wear your best Pirate Out and come dressed as a pirate!	20 Florida Blue w/Diana TOPIC: There is No Health without Mental Health 10:30 a.m.	21 <b>CRAFT:</b> Card Making 10 a.m. Trivia 11 a.m.	22
25	26 Planting/Growing w/Cora 11 a.m. Ballroom Dance Lesson 1 p.m. Ballroom Dance 2 p.m.	27	28 <b>FIELD TRIP:</b> Winn Dixie 10 a.m. Trivia 11 a.m.	29