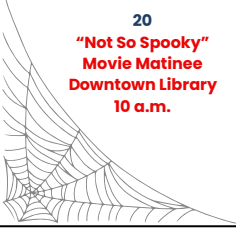


Mandarin Senior Center

3848 Hartley Road,
Jacksonville, FL 32257
(904) 255-6750 | Specialist: David Wunder
& Joanna Ching
Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Walk 9am Bible Study 10am Billiards 10am Tai Chi – Sifu Hector 10am Ceramics 10:30am Chair Volleyball 11am Mahjong 1:30pm Beg. Line Dance 1:30pm Adv. Line Dance 2:30pm	Morning Walk 9 a.m. Wood Carving 9 a.m. BINGO 10 a.m. Lunchtime Karaoke 12:45 p.m. Euchre 1 p.m. Pencil Sketching 1-3 p.m.	Morning Walk 9am Billiards 10am Chair Exercise 10am Adv. Clay Sculpting 10am Knitting Group 10am Beg. Clay Sculpting 10am Chair Volleyball 11am Single Pinochle 1pm Mahjong 1:30pm	Morning Walk 9 a.m. Beginner Ceramics 10 a.m. BINGO 10 a.m. Chair Yoga 10:30 a.m. Advanced Ceramics 1 p.m. Beginner Line Dance 1:30 p.m. Advanced Line Dance 2:30 p.m.	Morning Walk 9am Billiards 10am Chair Exercise 10am Knitting Group 10am Chair Volleyball 11am Single Pinochle 1pm
The Guest Speaker Series held on Fridays will be led by Master Gardner Ginger Ayer. + Peanut Butter Challenge To Fight Hunger Oct 1-31	Breakfast Served Daily at 9 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		1 Hurricane Preparedness with Jacksonville Emergency Preparedness 11:15 a.m. 	2 Mandarin Site Council Meeting 10 a.m.  Guest Speaker Series 1: "Attracting Butterflies to your Garden" 10:30 a.m.
5 Outing: St. Augustine 9 a.m. CENTER CLOSED FOR ALL MORNING ACTIVITIES. WILL RE-OPEN AT 2 P.M.	6 AHEC Presentation of Q4 2026 and 2027 new programs w/Jenn. 11:15 a.m.	7 Technology Pop-Up. Get help with your cell phone, tablet or laptop. 10 a.m. – 2 p.m. *Registration Required Live Music by the Earth Force Band 10:45 a.m. Participant s Meeting 11:30 a.m.	8 NO CHAIR YOGA TODAY Outing: Health Fair and Flea Market at Carville Senior Center 10 a.m.	9 Kim's Chair Dance Class 10 a.m. Learn to Play Carrom 10:30 a.m. Nutrition Education: "Improving Your Health Literacy" with CAS Joanna. 11:30 a.m.
12 Outing: Wal Mart 10 a.m. Presentation by Charles Northwest Behavioral Health 10: 45 a.m.	13 Introduction of Ascension St. Vincent's Mobile Health Outreach Ministry – a doctor's office on wheels for low income and uninsured 11:15 a.m.	14 Outing: Flea Market at Frances Padgett 10 a.m. Chair Yoga 11 a.m. NO CHAIR VOLLEYBALL	15 High Blood Pressure Causes and Prevention by Dr. Helow of Encore Research Group 11:15 a.m.	16 Kim's Chair Dance Class 10 a.m. Guest Speaker Series 2: "Fall Migration and Backyard Birds" 10:30 a.m. 
19 Outing: Publix, Dollar Tree & Burlington 10 a.m.	20 "Not So Spooky" Movie Matinee Downtown Library 10 a.m. 	21 Getting the Most Out of Your Doctor's Visit w/Dawn from Devoted 10:30 a.m. Chair Yoga 11 a.m. NO CHAIR VOLLEYBALL	22 Memory and Thinking Issues beyond Normal Aging by Dr. Helow of Encore Research Group 11:15 a.m.	23 Kim's Chair Dance Class 10 a.m. Outing: Jacksonville Symphony: "Music of the Knights" Guest Speaker Series 3: "Gardening Tips and Avoiding Mishaps" 10:30 a.m. 
26 Healthy Eating: Yogurt and Fruit Medicare 2027 Update with Care Plus and Dietitian Sharon. 10:30 a.m.	27 Outing: Feeding NE Florida Mobile Food Pantry at the Deermeadows Baptist Church 10 a.m.	28 Outing: Eating Out at the Block – Free Live On-Stage Performances and Games 10:30 a.m. Chair Yoga 11 a.m. NO CHAIR VOLLEYBALL	29 Halloween Decorations w/Site Council 1 p.m. 	30 Kim's Chair Dance Class 10 a.m. Halloween and Birthday Party w/Ms. Myrtle's Magic 10:30 a.m. 