

Mary L. Singleton Senior Center

150 East 1st Street

Jacksonville, FL 32206

(904) 255-6666 | Specialist: Timothy Smith &

Patricia Lanier

Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking 8:30am Billiards Grp 8:30–11:30am Ceramics Grp. 9–11:30am BINGO 10am Bible Study 10am Line Dancing 10am Drop in Ceramics 1pm Line Dancing 1pm Sewing Group 1pm	Walking 8:30am Billiards Grp 8:30–11:30am Ceramics Grp. 9–11:30am Art Class 9:30am Trivia 9:30am Chair Volleyball 10am Bingo 1pm Drop in Ceramics 1pm	Walking 8:30am Billiards Grp 8:30–11:30am Ceramics Grp. 9–11:30am BINGO 10am Bible Study 10am Line Dancing 10am Drop in Ceramics 1pm Line Dancing 1pm Sewing Class 1pm	Walking 8:30am Billiards Grp 8:30–11:30am Ceramics Grp. 9–11:30am Trivia 9:30am Art Class 9:30am Chair Volleyball 10:00am Drop in Ceramics 1pm Bingo 1pm Games & Dancing 5pm	Walking 8:30am Billiards Grp 8:30–11:30am Ceramics Grp. 9–11:30am Movie 9:30am BINGO 10am Drop in Ceramics 1pm Afternoon Movie 2pm
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 Outing: Mega Liquidation Center 10 a.m.	2 Senior Walk with Tim 9:30 a.m. 
5 Outing: Walmart 10 a.m. Site Counsel Meeting 10 a.m	6 "Improving your Health Literacy" Nutrition Education w/ Tim/Patricia 9 a.m. Peyton w/Archwell Open Enrollment 10 a.m.	7 Outing: Grumpy's Restaurant 11 a.m.	8 Denice with Dedicated Breast Cancer Awareness 10 a.m. 	9 Senior Walk with Tim 9:30 a.m. 
12 Outing: Sam's Club 10 a.m.	13 Dawn with Care Plus Being proactive with one's health 10 a.m.	14 Outing: Soul Food Bistro 11 a.m.	15 Outing: Bowling at Batt's Family Fun Center 10:30am	16 Senior Walk with Tim 9:30 a.m. 
19 Participant's Meeting 11 a.m.	20 "Not So Spooky" Movie Matinee Downtown Library 10 a.m.	21 NW Behavioral Health Group Session with Charles Timmons 10 a.m.	 22 Senior Picture Day 10 a.m. (Wear your Mary Singleton Shirt)	23 Senior Walk with Tim 9:30 a.m. 
26 Outing: Outback Steakhouse 11 a.m.	27 Feeding NE FL Food Demo & Nutrition 10 a.m.	28 FUN DAY 11 a.m. – 1 p.m. 	29 Crime Prevention Workshop and Resource Fair with JSO 9:30 – 10:30 a.m. 	30 Monthly Birthday Celebration Featuring Joe & The Rockettes 11 a.m.–1 p.m. 