

Lincoln Villa Senior Center

7866 New Kings Road
Jacksonville, FL 32219

(904) 255-6811 | Specialist: Tonya Martin

Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise 9:30am Current Events 11:00am Trivia 11:15am	Chair Exercise 9:30am Current Events 11:00am Trivia 11:15am	Chair Exercise 9:30am Current Events 11:00am Trivia 11:15am	Chair Exercise 9:30am Current Events 11:00am Trivia 11:15am	Chair Exercise 9:30am Current Events 11:00am Trivia 11:15am
	1 Participant Meeting 10:15 a.m.	2 Bible Study 10 a.m.	3 Outing: Batts Family Fun 10:15 a.m.	4 Nutrition Education 10 a.m.
7 CENTER CLOSED 	8 Center Closed for Maintenance Participants Meeting at Riverview Senior Center	9 Center Closed for Maintenance Outing: Bridge the Gap 10 a.m. (Leaving from Riverview Senior Center)	10 Center Closed for Maintenance Outing: Walmart 10:15 a.m. (Leaving from Riverview Senior Center)	11 Center Closed for Maintenance Participants Meeting at Riverview Senior Center
14 Advisory Council Meeting 10:15 a.m. Presentation: Deno on Healthy Eating w/Sylvia Moore of Northeast Florida 10:30 a.m.	15 Presentation: Hurricane Preparedness w/Karen Britt – Archwell 10 a.m. Presentation: Craft Day w/Lakisa Ross of Dedicated 11 a.m.	16 Outing: JEA 10 a.m.  Presentation: Exercise w/Sherri Cheshire of Northeast Florida Arthritis Foundation 10 a.m. Bible Study 10 a.m.	17 Nutrition Education 9 a.m. Outing: Legends Spade Tournament w/Kelvin Coleman & Jerome Williams 10:30 a.m.	18 Presentation: Exercise w/Sherri Cheshire of Northeast Florida Arthritis Foundation 10 a.m. Pizza Party 12 p.m. 
21 Advisory Council Bank/Shopping 10 a.m. Presentation: Can Goods w/Taylor of Devoted 11 a.m. 	22 Northwest Behavior Health w/Charles 9:45 a.m. Presentation: Fall Prevention w/Edward Hawkins of Home Helpers 10:30 a.m.	23 Outing: Ross 10 a.m. Presentation: Exercise w/Sherri Cheshire of Northeast Florida Arthritis Foundation 10 a.m. Bible Study 10 a.m.	24 Tai-Chi w/Charles of Conviva 10 a.m. 	25 Presentation: Exercise w/Sherri Cheshire of Northeast Florida Arthritis Foundation 10 a.m. Birthday Celebration w/Cheryl William CarePlus 12 p.m. 
28 Presentation: New Ways to Eat Healthier w/Sylvia Moore of Northeast Florida 10:30 a.m.	29 Outing: 70's Party! Riverview 10:15 a.m. 	30 Karaoke w/Wilbert Thorpe 10 a.m. Outing: Golden Corral 10:45 a.m. Bible Study 10 a.m.	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	