

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
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 Participants Meeting 10 a.m. Outing: Batts Family Fun Center 10:30 a.m.	2 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Presentation: Medicare 101 w/Cheryl Williams 11 a.m.
5 Advisory Council Shopping/Bank 10 a.m. Bible Knowledge 11 a.m.	6 Karaoke Entertainment w/Wilbert 10 a.m.  Beginners Sewing Class 10 a.m.	7 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Bible Study 10 a.m.	8 Outing: Carvill Flea Market & Health Fair 10 a.m. 	9 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m.
12 Advisory Council Meeting 10:15 a.m.	13 Northwest Behavior Health w/Charles Timmons 9:45 a.m. Beginners Sewing Class 10 a.m. 	14 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Outing: Bridge the Gap 9:45 a.m. Bible Study 10 a.m.	15 Outing: Annie Ru's 10:45 a.m. Presentation: Produce w/Taylor of Devoted 11 a.m. 	16 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m.
19 Advisory Council Shopping/Bank 10 a.m.	20 Beginners Sewing Class 10 a.m. "Not So Spooky" Movie Matinee Downtown Library 10 a.m. 	21 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Bible Study 10 a.m.	22 "Improving your Health Literacy" Nutrition Education w/ Tonya 9:45 a.m. Outing: Walmart 10:30 a.m.	23 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Outing: Riverview Senior Fall 10 a.m.
26 Outing: Avenues Mall 10:30 a.m.	27 Beginners Sewing Class 10 a.m. 	28 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Bible Study 10 a.m.	29 Tai-Chi w/Charles Macabasco Conviva 10 a.m.	30 Arthritis Foundation Exercise w/Sherri Cheshire Northeast Florida AHEC 10 a.m. Birthday Celebration 12 p.m.