

OCEANWAY SENIOR CENTER

APRIL 2024

12215 W. Sago Avenue ~ Jacksonville, FL 32218 ~ (904) 255-6855

Center Activity Specialist: Donna Sizemore

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Variety 8:00 a.m. Breakfast 9:00 a.m. Card Games 9 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Gardening 11 a.m. Card Games 12:30 p.m.	Puzzles 8:00 a.m. Breakfast 9:00 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Card Games 12:30 p.m.	Puzzles 8:00 a.m. Breakfast 9:00 a.m. Card Games 9 a.m. Bible Study 10 a.m. Chair Volleyball 11 a.m. Puzzles Variety 1 p.m.	Puzzles 8:00 a.m. Breakfast 9:00 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Senior Exercise Class 11 a.m. Education Material 11:30 a.m. Card Games 1 p.m.	Puzzle Variety 8:00 a.m. Breakfast 9:00 a.m. Walking 9:30 a.m. Bingo 9:30 a.m. Chair Volleyball 11 a.m. Dominoes 12:30 p.m. Card Games 1 p.m.
AVAILABLE DAILY: Wii Bowling, Games, Billiards, Computers, Walking in the Park, Jigsaw Puzzles, Hidden Picture, Word Puzzles, Fishing, Board Games, Adult Coloring, Sewing Machine Available LUNCH: 12 p.m.				
1 Get Up and Move W/ Diane Weaver 10:45 a.m.	2 Field Trip: Walmart 10:30 a.m. Line Dance 1:00 p.m.	3 Movie/Craft 10:30 a.m.	4 Board Games and Activity Sheets with Samara from the UF Extension Office 10:30 a.m.	5 Mental Health Workshop W/ Northwest Behavioral Health 10:30 a.m.
8 Field Trip: W/ Dana Gardner to The Farmer's Market 10:00 a.m.	9 Site Council Meeting 10:30 a.m. Line Dance 1:00 p.m.	10 Movie/Craft 10:30 a.m.	11	12 Mental Health Workshop W/ Northwest Behavioral Health 10:30 a.m.
15 Bake Sale Fundraiser 10:15 a.m.	16 Field Trip: Fuji Buffet Restaurant 10:30 a.m.(must pay for meal) Participants Meeting Noon Line Dance 1:00 p.m.	17 Movie/Craft 10:30 a.m.	18 Chair Volleyball 10:30 a.m.	19 Walk for Senior Wellness at 1301 Riverplace Blvd Suite C102 on the Southbank riverwalk 10:00 a.m. Mental Health Workshop W/ Northwest Behavioral Health 10:30 a.m.
22 Earth Day: Build a Bird Feeder 10:30 a.m.	23 Field Trip: Dunn Avenue Library 10:30 a.m. Line Dance 1:00 p.m.	24 Movie/Craft 10:30 a.m.	25 Shoe Trade Off: Trade your good condition or barely worn mint condition shoes for another pair.	26 Mental Health Workshop W/ Northwest Behavioral Health 10:30 a.m. Birthday Celebrations Noon
29 Fun and Games 11:00 a.m.	30 International Jazz Day: Jazz music played Line Dance 1:00 p.m.			