

# LOUIS DINAH SENIOR CENTER

## JANUARY 2012

1805 Flag Street Jacksonville, Florida 32209  
 Phone (904) 630-0728 MONDAY - FRIDAY 8 a.m. – 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quilting 9:30 – 11:45 a.m. Schell-Sweet Center for Senior Fitness 10 a.m. Lunch 12 p.m.  Available daily: Pool, Bingo, Board games, Jigsaw puzzles, Word puzzles, Sewing, Dominoes and Card games	Morning Stretch 9:15- 9:30 a.m. Quilting 9:30 – 11:45 a.m. Shopping trip to Dollar Tree & Wal-Mart 10 a.m. Chair Dancing Exercise 11:30 a.m. – 12 p.m. Lunch 12 p.m.	Morning Stretch 9:15- 9:30 a.m. Quilting 9:30 – 11:45 a.m. Wii Fit 10 - 11 a.m. Crochet Class 10 -11:30 a.m. Bible Study 10 -11:30 a.m. Chair Dancing Exercise 11:30 a.m. – 12 p.m. Lunch 12 p.m.	Morning Stretch 9:15 - 9:30 a.m. Wii Fit 10 - 11 a.m. Chair Dancing Exercise 11:30 a.m. – 12 p.m. Lunch 12 p.m.	Simone Says 9- 9:30 a.m. Crochet Class 10- 11 a.m. Chair Dancing Exercise 11:30 a.m. – 12 p.m. Lunch 12 p.m.
2 Center closed in observance of New Year's	3	4	5 Bingo Day	6
9	10	11 Glucose Monitoring 10 a.m.	12 Shawna Edmundson presents from River Point Behavioral Health 11 a.m.	13 Field trip to Maxway 10 a.m.
16 Center closed in observance of Dr. Martin Luther King's Birthday	17 Presentation by Sandi Anderson from Cathedral Gerontology 11 a.m.	18 Field trip to Bethesda Park for Bingo 10 a.m.	19 Dr. David Kee presents from Vitas Innovative Hospice Care 11 a.m.	20 Field trip for Birthday Celebration Dinner
23	24 Safety Training by Emily Hoffman, Nutritionist at Mary Singleton Center 11 a.m.	25	26 Field trip to Yonilla for Frozen Yogurt 10 a.m.	27
30	31			