

# CLANZEL BROWN SENIOR CENTER

4575 Moncrief Road ~ Jacksonville, FL 32209 ~ (904) 764-8752

Specialist: Carl Jackson

## AUGUST 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking 8 a.m. Current Events 10 a.m. Exercise Video 1 p.m.	Puzzles 9 a.m. Breakfast 9 a.m. Bible Class 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Breakfast 9 a.m. Rap Sessions 9:30 a.m. “Fun Day” 10 a.m. Brain Exercises 1 p.m. Exercise Video 1 p.m.	Breakfast 8:30 a.m. Exercise 9:30 a.m. Chair Volleyball 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Bible Trivia 10 a.m. Movies & Popcorn 10 a.m. Exercise Video 1 p.m.
<b>AVAILABLE DAILY</b> Sing-A-Long, Word Puzzles, Computers, Cards, Dominoes and Board Games <b>LUNCH</b> 12 p.m.				
			1	2 Regency Movies 10 a.m. Senior Prom 6 p.m.
5	6 Show Your Creativity in Hammond's Bandana & Jeans Fashion Show for Spirit Week 10 a.m.	7 Emerson Thrift Store 10 a.m.	8 Site Council Meeting 10 a.m. Program Advisory Board Meeting @ Lane Wiley 11 a.m.	9 Lunch at Shut Em Down Restaurant 10 a.m.
12 Lunch at The Juicy Crab 10 a.m.	13 Show Your Jock & Cheerleader Spirit by Wearing Royal Blue & White to Lane Wiley's Spirit Week Pep Rally 10 a.m.	14 Senior Summit on the Opioid Crisis~Legends Center 10 a.m.	15 Cason's Grape Picking Vineyard 10 a.m.	16 Show Off Your Talents at the Senior Entertainment Day Event 10 a.m.
19	20 Potter's House 10 a.m.	21	22 Cason's Grape Picking Vineyard 10 a.m.	23
26	27 Pass the Story; Let's Tell the Tale of our Past, Present & Future at J.S. Johnson's Spirit Week Event 10:30 a.m.	28	29	30