

MARY L. SINGLETON SENIOR CENTER

150 E. 1st St. ~ Jacksonville, FL 32206 ~ (904) 630-0995

Coordinator: Deborah Bell

SEPTEMBER 2017

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics Class 8 a.m. Walking Video 9 a.m. Beg. Computer Class 9:45 a.m. Art Class 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Choir Rehearsal 11 a.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Bingo 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Mayo Clinic 9 a.m. Walking Video 9 a.m. Spanish Class 9:30 a.m. Adv. Computers 9:45 a.m. Line Dancing 10 a.m. Chair Volleyball 12:30 p.m. Beg. Computers Class 1 p.m. Line Dancing 1 p.m. Drama Club 1:30 p.m.	Ceramics Class 8 a.m. Walking Video 9 a.m. Beg. Computer Class 9:45 a.m. Art Class 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Choir Rehearsal 11 a.m. Beg. Jewelry 12 p.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Beg. Computers 1 p.m. Bingo 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Breakfast 9 a.m. Mayo Clinic 9 a.m. Spanish Class 9:30 a.m. Adv. Computers 9:45 a.m. Crocheting Class 10 a.m. Line Dancing 10 a.m. Lifetree Café 12:45 a.m. Beg. Computers Class 1 p.m. Line Dancing 1 p.m. Drama Club 1:30 p.m. Bingo 2:30 p.m. Games & Dancing 5 p.m.	Ceramics Class 8 a.m. Chair Yoga Video 9 a.m. Water Aerobics @ Cecil Field 9:30 a.m. Walking Video 10 a.m. SWAGG w/ Cynthia 12:30 p.m. Bingo 1 p.m. Crocheting Class 1 p.m.
AVAILABLE DAILY Bingo, Billiards, & Card Games LUNCH 11:30 a.m.				
September is National Senior Center Month!		2017 Senior Games September 29 th - October 14 th		1 Water Aerobics @ Cecil Field 10 a.m.
4 Center Closed in Observance of Labor Day	5 Sunshine Sick Committee Meeting 10 a.m. Celestia's Coastal Cuisine Restaurant 11 a.m.	6 Thrift Store 10 a.m.	7 Sunshine Sick Committee Visitation 10 a.m.	8 Water Aerobics @ Cecil Field 10 a.m.
11 Site Council Meeting 10 a.m.	12 Movies 10 a.m.	13 Fishing 10 a.m.	14	15 Water Aerobics @ Cecil Field 10 a.m. Pink & Blue Breast Cancer Awareness Ball 6 p.m.– 10 p.m.
18 Diabetic Support Group 10 a.m.	19 Participants Meeting 10:30 a.m.	20 Outback Steakhouse 11 a.m.	21 Walmart 10 a.m. Family Foundations 10:30 a.m.	22 Jaguars Pep Rally (wear your Jags colors) 11 a.m.
25	26 Dollar Tree 10 a.m.	27 Fun Day 10 a.m.	28 Move in the Auditorium 10 a.m.	29 Birthday Celebration 10 a.m. 2017 Senior Games Opening Ceremonies @ Metro Park 2 11 a.m. Celebrate Senior Center Month "I've Fallen But I Did Get Up" Singleton Senior Drama Club