

SOUTHSIDE COMMUNITY CENTER

10080 Beach Blvd ~ Jacksonville, FL 32246

Specialist: Joanna Ching

Phone: 904-255-6940

Monday – Friday ~ 8 a.m. to 5 p.m.

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking for Health 8 a.m. Brain Games and Puzzle 8 a.m. Chair Yoga and Yoga with Ellen (BYO Mat) 9 a.m. Bingo 11 a.m. Chair Volleyball 1 p.m. History Bytes 1 p.m. (V)=video	Walking for Health 8 a.m. Puzzle and Brain Games 8 a.m. Chair Exercise (V) 9:30 a.m. Jazzco Line Dance 10 a.m. Tai Chi 24-Steps 10:45 p.m.	Walking for Health 8 a.m. Brain Games and Puzzle 8 a.m. Zumba Gold + Fit (V) 9:30 a.m. Book Club 10 a.m. Ukulele Lesson / Sing-a-long 11 a.m. 1:1 Computer Class (RSVP) 1 p.m. Acrylic Painting with Angelo 1 p.m.	Walking for Health 8 a.m. Puzzle and Brain Games 8 a.m. Chair Yoga (V) 9:30 a.m. SS Singers Sing (choir practice) 10 a.m. Breathing Meditation 11 a.m. Stretching Together (V) (BYO Mat) 1 p.m. Reading Circle 1:30 p.m.	Walking for Health 8 a.m. Brain G a.m.es and Puzzle 8 a.m. Chair Exercise (V) 9:30 a.m. Bible Study 10 a.m. Vintage Player rehearsal 10 a.m. Bingo 11 a.m. Drum Circle 1 p.m. Craft Class 1 p.m.
AVAILABLE DAILY Puzzles, Brain Games, Hiking, Exercises, Board Ga, Card Games, Coloring and Computer Lab BREAKFAST (Tue, Wed, Thu) 9 a.m. LUNCH (Mon, Tue, Wed, Thu, Fri) 12 p.m.				
		1 Ukulele Lesson 11 a.m.	2 Acoustic J a.m. 1-4 p.m.	3 Craft Class: making of silk flowers and crocheting 1 p.m.
6 Members' Meeting 10 a.m. Spring Donate a Plant Event 10 a.m.	7	8 Field Trip: Potters House Soul Food Bistro 10 a.m. Ukulele Sing-a-Long 11 a.m.	9 George Mann in Concert 1 p.m.	10 Brain Games – numbers, words and neurobics 10 a.m. Craft Class: making of wreath, ribbon bow and crocheting 1 p.m.
13 Food Safety Training with Dana (for volunteers to help in our kitchen) 9:30am	14 Ulises Silva in Concert – Latino Songs and Dancing plus romance 1 p.m.	15 Ukulele Lesson 11 a.m.	16 Field Trip: Wal-Mart 10 a.m. Grief Support Group 10 a.m. Acoustic J a.m. 1-4 p.m.	17 Happy St. Patrick's Day Wear Green Gilberto Rabsatt in Concert 1 p.m. Craft Class: making of Green Deco and crocheting 1 p.m.
20 Field Trip: Big Lots Discount Store 10 a.m.	21 Earth Day – picking of trash in our park 1 p.m.	22 Ukulele Sing-a-Long 11 a.m.	23 Member ID Card Photo Taken Day – whole day	24 Craft Class: making of wreath, ribbon bow and crocheting 1 p.m.
27 Fall Prevention themed Bingo W/ Keiser University Occupational Therapy Students 11 a.m.	28 Ballroom Dance Lesson (Rumba) 1 p.m. Ballroom Dance 2 p.m.	29 Field Trip: Main Event Bowling 10 a.m. Ukulele Lesson 11 a.m.	30 Acoustic Jam 1-4 p.m.	31 Brain Games – numbers, words and neurobics 10 a.m. Birthday Celebration 12 p.m. Craft Class: making of Easter Décor and crocheting 1 p.m.