

# SOUTHSIDE SENIOR CENTER

10080 Beach Blvd ~ Jacksonville, FL 32246 Phone: 904-255-6940

Specialists: Dawn Avery/Charles Webster

# FEBRUARY 2024

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking for Health 8 a.m. Games-Puzzles 8 a.m. Chair Exercise (V) 9 a.m. Spanish Class 10:30 a.m. Bingo 11 a.m. History Bytes w/Tony 1 p.m. Chair Volleyball 1 p.m. Knitting/Crocheting 1 p.m. Country Line Dancing 2 p.m. (V)=video	Walking for Health 8 a.m. Puzzles-Games 8 a.m. Exercise (V) 9 a.m. Bridge 9 a.m. JazzCo Beginners 9:30 a.m. Jazzco Line Dance 10 a.m. Tai Chi w/Kathleen 10:45 a.m.	Walking for Health 8 a.m. Games-Puzzles 8 a.m. Exercise (V) 9 a.m. Acrylic Painting with Angelo 9 a.m. Book Club 10 a.m. Ukulele Lesson/Singalong 11 a.m. Bingo 1 p.m. Ballroom Dancing 7:30 p.m.	Walking for Health 8 a.m. Puzzles-Games 8 a.m. Chair Yoga (V) 9 a.m. Canasta 9:20 a.m. Trivia 11 a.m.	Walking for Health 8 a.m. Games-Puzzles 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Spanish Class 10:30 a.m. Bingo 11 a.m. Chair Volleyball 1 p.m. Craft Class 1-2 p.m.
<b>AVAILABLE DAILY:</b> Puzzles, Brain Games, Hiking, Exercises, Board Games, Card Games, Coloring and Computer Lab <b>BREAKFAST: 9-10 a.m. LUNCH: 12 p.m.</b>				
<b>* National Wear Red Day members are asked to wear something red to show support for women's heart health</b>	<b>*National Groundhog Day members will venture outside to check if they see our shadow</b>	<b>The in-person yoga event at Mandarin Center on Feb. 26 is limited to 12 people.</b>	1 Advisory Council 10 a.m. George Mann Concert 11 a.m.	2 National Wear Red Day* Groudhog Day 11:30 a.m.*  <b>MUSIC:</b> Gil Milano guitar 10 a.m.
5	6 National Heart Health Month Marathon 9 a.m. Walking 2 Laps around the Pond	7	8 Black History Movie 9:30 a.m. "Hidden Figures" ` <b>FIELD TRIP:</b> Hope's Closet 10 a.m.	9 Nature Walk w/Naturalist Jolie 10 a.m.
12 Lunch Entertainment with Gilberto Rabsatt @ Noon- 1pm	13 National Heart Health Month Marathon 9 a.m. Walking 3 Laps around the Pond	14 <b><u>VALENTINE'S DAY</u></b> <b>FIELD TRIP:</b> Publix 10:00 a.m.	15 Advisory Council meeting 10 a.m.	16 <b>MUSIC:</b> Gil Milano guitar 10 a.m.  King/Queen nominations due
19 <b>Center Closed in Observance of Presidents' Day</b>	20 National Heart Health Month Marathon 9 a.m. Walking 4 Laps around the Pond	21	22 Black History Movie "Glory" 9:30 a.m. <b>FIELD TRIP:</b> Avenues Mall 10 a.m.	23
26 <b>The Health and Wellness Committe Presents:</b> Chair Yoga at Mandarin Senior Center 10:00 a.m.	27 National Heart Health Month Marathon 9 a.m. Walking 5 Laps around the Pond  King/Queen Election	28 <b>FIELD TRIP:</b> Walmart on Atlantic Blvd 10 a.m.	29	