

# LOUIS DINAH SENIOR CENTER

1805 Flag Street ~ Jacksonville, FL 32209 ~ (904) 630-0728

Specialist: Tanya Yarn

## OCTOBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| Puzzles 8:30 a.m.<br>Bingo 10 a.m.<br>Exercise/EWC 10:30 a.m.<br>Wii Games 11 a.m.<br>Education Material 12:30 p.m.<br>Cards & Dominoes 1 p.m. | Puzzles 8 a.m.<br>Breakfast 9 a.m.<br>Walmart & Dollar Tree 10:30 a.m.<br>Dominoes 11 a.m.<br>Health Material 12:30 p.m.<br>Cards & Dominoes 1 p.m. | Puzzles 8:30 a.m.<br>Silver Sneakers 10 a.m.<br>Bible Study 10 a.m.<br>Chair Volleyball 11 a.m.<br>Heads Up! 11 a.m.<br>Education Material 12:30 p.m.<br>Cards & Dominoes 1 p.m. | Puzzles 8 a.m.<br>Breakfast 9 a.m.<br>Bingo 10 a.m.<br>Line Dance Class 11 a.m.<br>Trivia 11 a.m.<br>Health Material 12:30 p.m.<br>Cards & Dominoes 1 p.m. | Puzzles 8:30 a.m.<br>Bingo 10 a.m.<br>Wii Games 10 a.m.<br>Arts & Crafts 11 a.m.<br>Education Material 12:30 p.m.<br>Cards & Dominoes 1 p.m. |
| <b>AVAILABLE DAILY</b> Pool, Bingo, Board Games, Jigsaw Puzzles, Word Puzzles, Sewing, Dominoes & Card Games<br><b>LUNCH</b> 12 p.m.           |   |  |  |  |
| Forever Fit 50 & Beyond, 2019 Senior Games Continue; October 1st thru October 5 <sup>th</sup>  | 1   | 2<br>City Thrift 10 a.m.   | 3  | 4<br>Tinseltown Movies 10 a.m.   |
| 7  | 8<br>Breakfast Social 10 a.m.   | 9<br>Site Council Election 10:30 a.m.  | 10<br>Program Advisory Board Meeting @ Lane Wiley 11 a.m.  | 11<br>Intro. to Pickleball at Cuba Hunter C.C. Gym 10:30 a.m.<br>Birthday Lunch ( Location TBD) 11 a.m.                                      |
| 14<br>Site Council Meeting 10 a.m.   | 15<br>Commodities Pick Up 10 a.m.   | 16<br>Ollies Discount Store and Church's Chicken 10 a.m.   | 17<br>Mayo Clinic for Dementia Health 2 p.m.   | 18<br>Fall Fashion Show 10:30 a.m.   |
| 21<br>Breast Cancer Awareness 10 a.m.  | 22  | 23<br>FLHSMV's Grand Driver & Pedestrian Safety 11 a.m.  | 24   | 25<br>Fish Fry 11 a.m.   |
| 28<br>Front Porch Stories 10:30 a.m.   | 29  | 30   | 31<br>Harvest Fest 10:30 a.m.  |  |