

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. Bingo 10 a.m. Exercise/EWC 10:30 a.m. Wii Games 11 a.m. Education Material 12:30 p.m. Cards & Dominoes 1 p.m.	Puzzles 8 a.m. Breakfast 9 a.m. Walmart & Dollar Tree 10:30 a.m. Dominoes 11 a.m. Health Material 12:30 p.m. Cards & Dominoes 1 p.m.	Puzzles 8:30 a.m. Silver Sneakers 10 a.m. Bible Study 10 a.m. Chair Volleyball 11 a.m. Heads Up! 11 a.m. Education Material 12:30 p.m. Cards & Dominoes 1 p.m.	Puzzles 8 a.m. Breakfast 9 a.m. Bingo 10 a.m. Line Dance Class 11 a.m. Trivia 11 a.m. Health Material 12:30 p.m. Cards & Dominoes 1 p.m.	Puzzles 8:30 a.m. Bingo 10 a.m. Wii Games 10 a.m. Arts & Crafts 11 a.m. Education Material 12:30 p.m. Cards & Dominoes 1 p.m.

AVAILABLE DAILY Pool, Bingo, Board Games, Jigsaw Puzzles, Word Puzzles, Sewing, Dominoes & Card Games
LUNCH 12 p.m.

Forever Fit 50 & Beyond, 2019 Senior Games Continue; October 1st thru October 5 th	1	2 City Thrift 10 a.m.	3	4 Tinseltown Movies 10 a.m.
7	8 Breakfast Social 10 a.m.	9 Site Council Election 10:30 a.m.	10 Program Advisory Board Meeting @ Lane Wiley 11 a.m.	11 Intro. to Pickleball at Cuba Hunter C.C. Gym 10:30 a.m. Birthday Lunch (Location TBD) 11 a.m.
14 Site Council Meeting 10 a.m.	15 Commodities Pick Up 10 a.m.	16 Ollies Discount Store and Church's Chicken 10 a.m.	17 Mayo Clinic for Dementia Health 2 p.m.	18 Fall Fashion Show 10:30 a.m.
21 Breast Cancer Awareness 10 a.m.	22	23 FLHSMV's Grand Driver & Pedestrian Safety 11 a.m.	24	25 Fish Fry 11 a.m.
28 Front Porch Stories 10:30 a.m.	29	30	31 Harvest Fest 10:30 a.m.	