

LONGBRANCH SENIOR CENTER

110 Franklin Street ~ Jacksonville, FL 32206 (904) 255-6790

Specialist: Angela K. Hicks

SEPTEMBER 2021

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Café Hour 9:15 a.m. Chair Exercise 9:30 a.m. Table Games 9:45 am	Morning Café Hour 9:15 a.m. Chair Exercise 9:30 a.m. What's New in Jax 9:45 a.m. Brain Games 10 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:30 a.m. Card Games 9:45 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:30 a.m. What's New in Jax 9:45 a.m. Table Talk Discussion 10 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:30 a.m. Bingo 12 p.m.
LUNCH DAILY 11 a.m.				
		1 Anyone for a Game of Chess? 10:30 a.m.	2 Café Discussion: How Can We Prevent Falling? 10 a.m.	3 Movie: Members Choice 10 a.m. Music History Game: <i>Who Sang "Papa Was A Rolling Stone"?</i>
6 Labor Day <i>Senior Center Closed in Observance of Labor Day</i>	7 Blood Pressure Checks 10:30 a.m.	8 International Literacy Day: After Lunch Reading Session 12:15 p.m.	9 Sudoku 10:30 a.m. Honoring the 20 th Anniversary of 9/11 Event 11 a.m.	10 Pre-National Grandparents Day – Share Your Story 10 a.m.
13 National Peanut Day: The History of the Peanut 10:30 a.m.	14 Take a Walk Indoors to Music 10:30 a.m.	15 Blood Pressure Checks 10 a.m. How to Use an Oximeter 10:30 a.m.	16 Café Discussion: Protecting You & Your Household During A Pandemic 11 a.m.	17 National Constitution Day Discussion 10:00 a.m. Music History Game: <i>Who recorded the song: The 19th Amendment</i> 10:30 a.m.
20 Cultural Event "JAPAN" Respect for the Aged Day 10:30 a.m.	21 National Seniors Day Art Project 10:30 a.m.	22 Falls Prevention Awareness Day 10:30 a.m.	23	24 Movie: Members Choice 10 a.m. Birthday Celebration 12 p.m.
27 Major League Baseball Trivia Games 10:30 a.m.	28 Blood Pressure Checks 10:30 a.m.	29 National Coffee Day: Have a Cup of Coffee at Longbranch 9:15 a.m.	30	