

# CLANZEL BROWN SENIOR CENTER

4575 Moncrief Road ~ Jacksonville, FL 32209 ~ (904) 764-8752

Specialist: Carl Jackson

## NOVEMBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking 8 a.m. Current Events 10 a.m. Exercise Video 1 p.m.	Puzzles 9 a.m. Breakfast 9 a.m. Cecil Field Water Aerobics 10 a.m. Bible Class 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Breakfast 9 a.m. Rap Sessions 9:30 a.m. “Fun Day” 10 a.m. Brain Exercises 1 p.m. Exercise Video 1 p.m.	Breakfast 8:30 a.m. Exercise 9:30 a.m. Chair Volleyball 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Cecil Field Water Aerobics 10 a.m. Bible Trivia 10 a.m. Movies & Popcorn 10 a.m. Exercise Video 1 p.m.
<b>AVAILABLE DAILY</b> Sing-A-Long, Word Puzzles, Computers, Cards, Dominoes and Board Games <b>LUNCH</b> 12 p.m.				
Senior Expo Nov. 13 & 14 Morocco Shrine Auditorium 9 a.m. ~ 3 p.m.				1 Shiloh Church 10 a.m.
4 Regency Movies 10 a.m.	5	6	7 Emerson Thrift Store 10 a.m.	8
11 Veteran’s Day ~ Closed	12	13	14 Dollar Store 10 a.m. Golden Corral 10 a.m.	15
18 Cedar River Seafood 10 a.m.	19	20	21 Walmart 10 a.m.	22
25	26	27	28 Thanksgiving Holiday ~ Closed	29 Thanksgiving Holiday ~ Closed