

LONGBRANCH SENIOR CENTER

4110 Franklin Street ~ Jacksonville, FL 32206 (904) 630-0893

Specialist: Angela K. Hicks & Cheryl Harris

SEPTEMBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Brain Games 10 a.m. Walmart 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Card Games 9:45 a.m. Shopping at Roses 10 a.m. Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Bible Study 10 a.m. Scrabble 10 a.m. Publix 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Bingo 12 p.m.
LUNCH DAILY 11 a.m.				
2 Labor Day ~ Closed	3 Dress as Gaudy as You Can Be for Lincoln Villa's Spirit Week Tacky Tropical Tourist Event 10:30 a.m.	4 FLHSMV Grand Driver & Pedestrian Safety 10 a.m.	5 Blood Pressure Checks 10 a.m.	6 Grandparents Celebration 11 a.m. Movie: Members Choice 10 a.m.
9 Breakfast at University Diner 10 a.m.	10 Community Outreach Day: Hand Out Flyers in the Community 10 a.m.	11 Chair Volleyball 10 a.m.	12 Café Discussion: Medication Safety & Opioids	13 Café Discussion: Hydration Movie: Member Choice 10 a.m. Come Shine with Our Seniors at Charlie Joseph's Spirit Week Talent & Fashion Show 10:30 a.m.
16 Act Out Like a Child in Jim Fortuna's Senior Skits & Baby Shower Spirit Week Event 10:30 a.m.	17 Café Discussion: Citizenship Day Trivia: Movies & Actors 12 p.m.	18 Trivia: Movies & Actors 12 p.m.	19 Café Discussion: What To Do In Case of Fire Fire Drill Practice 12 p.m.	20 Movie: Members Choice 10 a.m.
23	24 Café Discussion: Planning a Vacation	25	26 Senior Services Spirit Week Pep Rally at Sk8 City 10 a.m. Chair Volleyball 10 a.m.	27 Birthday Celebrations: Potter's House Soul Food Bistro 10:30 a.m. Movie: Perry Mason 10 a.m.
30		September is National Senior Center Month ~ The Key to Aging Well!		Forever Fit 50 & Beyond, 2019 Senior Games; September 27 th thru October 5 th