

# MONCRIEF SENIOR CENTER

5713 Teeler Ave. ~ Jacksonville, FL 32208 ~ (904) 764-0330

Specialist: Martinique Glover

## SEPTEMBER 2019

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exercise Class 9 a.m. Dominoes 10 a.m. Bingo 10:30 a.m.	Breakfast 9 a.m. Chair Dance 9:30 a.m. Trivia 10:30 a.m. Bridge 11 a.m. Chair Volleyball 11:15 a.m.	Painting 9 a.m. Bingo 10 a.m. Chair Exercise 11:30 a.m.	Breakfast 9 a.m. Chair Volleyball 10:30 a.m. Bible Study 10:30 a.m. Games 11:00 a.m.	Art 9 a.m. Movie 10 a.m. Word Games 12:30 p.m. Exercise 12:30 p.m.
<b>AVAILABLE DAILY</b> Puzzles, Sing-A-Long, Coloring, Reading, Computers <b>LUNCH</b> 12 p.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	5 Walmart on Normandy 10:30 a.m.	6 Grandparents Day Celebration 10:30 a.m.
9 Wear the Color of the Year You Were Born for Charlie Joseph's 50's & 60's Spirit Week Dance Party 10:30 a.m.	10 Bridge the Gap for Commodities 10:30 a.m.	11 ILRC's Free Amplified Phone Program 11:30 a.m.	12 Painting with a Twist Fundraiser 10 a.m.	13
16	17 Jacksonville Zoo 10 a.m.	18 FLHSMV Grand Driver & Pedestrian Safety 10:30 a.m. Roses 10:30 a.m.	19 Glimpse Into What the Future of Technology Will be Like at Jim Fortuna's Spirit Week Event 10:30 a.m.	20
23 Fall Prevention Awareness Presentation 10:30 a.m.	24 Applebee's for Lunch 11 a.m.	25	26 Senior Services Spirit Week Pep Rally at Sk8 City 10 a.m.	27
30 Geriatric ToothFairy 10 a.m. Moncrief Birthday Bash 10 a.m.		September is National Senior Center Month ~ The Key to Aging Well!		Forever Fit 50 & Beyond, 2019 Senior Games; September 27 <sup>th</sup> thru October 5 <sup>th</sup>