

LOUIS DINAH SENIOR CENTER

1805 Flag Street ~ Jacksonville, FL 32209 ~ (904) 630-0728

Specialist: Tanya Yarn

SEPTEMBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzles 8:30 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. 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.				
2 Labor Day ~ Closed	3	4 Sock Hop 10:30 a.m.	5 Tinseltown Movies 10 a.m.	6 Build Sand Castles, Have a Scavenger Hunt & Lots More at Lincoln Villa's Beach Please Spirit Week Event 10 a.m.
9 Site Council 10 a.m.	10 Bridge The Gap 10:30 a.m.	11 Roses Discount Store 10 a.m.	12 Enjoy Some Local Fare at Charlie Joseph's Spirit Week Senior Take-Over Day 10 a.m.	13 Birthday Lunch 11 a.m.
16 Act Out Like a Child in Jim Fortuna's Senior Skits & Baby Shower Spirit Week Event 10 a.m.	17	18 Emmerson Thrift Store 10 a.m. Brain Game Contest 1 p.m.	19	20 Soul Food Feast 10:30 a.m.
23 Fall Prevention w/Brenda Green 10 a.m.	24	25 Cake Walk and Ice Cream Social 10 a.m.	26 Senior Services Spirit Week Pep Rally at Sk8 City 10 a.m.	27
30 ILRC's Free Amplified Phone Program 10:30 a.m.		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