

# LOUIS DINAH SENIOR CENTER

1805 Flag Street ~ Jacksonville, FL 32209 ~ (904) 255-6800

Specialist: Tanya Yarn

# NOVEMBER 2021

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Word Puzzles 8:30 a.m. Hidden Pictures 9 a.m. Coloring 9 a.m. Dominoes 10 a.m. Exercise 10 a.m. Walking 11 a.m. Education Materials 12:30 p.m.	Breakfast 8:30 a.m. Word Puzzles 9 a.m. Brain Games 9 a.m. Arts & Craft 9:30 a.m. Wal-Mart & Dollar Tree 10 a.m. Walking 10:30 a.m. Chair Dancing 11 a.m. Health Material 12:30 p.m.	Breakfast 8:30 a.m. Word Puzzles 9 a.m. Hidden Pictures 9 a.m. Bible Study 10 a.m. Card Games 10 a.m. Walking 10 a.m. Trivia 10:30 a.m. Chair Exercise 10:30 a.m. Educational Material 12:30 p.m.	Breakfast 8:30 a.m. Word Puzzles 9 a.m. Brain Games 9 a.m. Walking 10 a.m. Coloring Camp 10 a.m. Bingo 10:30 a.m. Trivia 12:30 p.m.	Word Puzzles 8:30 a.m. Art 9:30 a.m. Walking 10 a.m. Pool 10 a.m. Card Games 10 a.m. Wii Sports 11 a.m. Brain Game 11 a.m. Educational Material 12:30 p.m.
<b>AVAILABLE DAILY:</b> Pool, Word Puzzles, Boardgames, Adult Coloring, Dominoes, Walking, Card Games <i>(Activities are Subject to Change)</i> <b>LUNCH:</b> 12:00 noon				
1	2	3 Dana Gardner, Dietician on Healthy Holiday Eating and Blood Pressure Check 10 a.m.	4 Throwback Thursday Coffee House Social (Invite a Friend) 10 a.m.	5 Birthday Lunch at Ruby Tuesday 10:30 a.m.
8 Veteran's Day Appreciation Celebration 10 a.m.	9 Commodities Pick-up 10 a.m.	10 Roses Discount Store 10 a.m.	11 Veteran's Day <i>Senior Center Closed in Observance of Veteran's Day</i>	12 Ice Cream Social (Outreach) 10 a.m.
15 Pumpkin Decorating Contest 10 a.m.	16	17 Senior Expo at Prime Osborn Convention Center 9 a.m.	18 Senior Expo at Prime Osborn Convention Center 9 a.m.	19 Bring a Friend for Thanksgiving Lunch 10:30 a.m.
22 Monday Movie Madness 10 a.m.	23 Marshall's 10 a.m.	24	25 Thanksgiving Holiday <i>Senior Center Closed in Observance of Thanksgiving</i>	26 Thanksgiving Holiday <i>Senior Center Closed in Observance of Thanksgiving</i>
29	30			

