

CARVILL SENIOR CENTER

1320 Carvill Ave, Jacksonville, FL 32208~ (904) 255-6650

Specialist: Martinique Glover

SEPTEMBER 2021

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.	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.
AVAILABLE DAILY Puzzles, Sing-A-Long, Coloring, Reading, Computers LUNCH 12 p.m.				
September is National Senior Centers Month		1	2	3 National Skyscraper Day! Building a Tower with Toothpicks Group Activity 10 a.m.
6 Labor Day <i>Senior Center Closed in Observance of Labor Day</i>	7	8 International World Literacy Day: Brain Games 10:30 a.m.	9 Honoring the 20 th Anniversary of 9/11 Event 11 a.m.	10
13 Celebrate Fortune Cookie Day! 11 a.m.	14 Celebrate National Cream Filled Donut Day! 9 am.	15	16 National Play-Doh Day! (Arts & Craft Activity) 10:30am	17 Popcorn and Movie 10 a.m.
20 "Respect for the Aged Day" Arts and Crafts Activity 10:30 a.m.	21 Crafting Fall Wreaths to Celebrate Fall Equinox 10 a.m.	22 Fall Prevention Awareness Presentation 10:30 a.m.	23 World Alzheimer's Awareness Month Presentation 10 a.m.	24 Bring a Friend Day: Cookout in Carvill Park 10:30 a.m.
27 National No Excuse Day! Goal Making Activity 10 a.m.	28	29	30 Celebrating "Better Breakfast Month" with Dana Our Nutritionist 10 a.m.	