

LOUIS DINAH SENIOR CENTER

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

Specialist: Tanya Yarn

OCTOBER 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. Educational Material 12:30 p.m.	Word Puzzles 8:30 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.	Word Puzzles 8:30 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.	Word Puzzles 8:30 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.
AVAILABLE DAILY: Pool, Word Puzzles, Boardgames, Adult Coloring, Dominoes, Walking, Card Games (<i>Activities are Subject to Change</i>) LUNCH: 12 p.m.(noon)				
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4 Breast Cancer Awareness and Candlelight Presentation 10 a.m.	5	6 Dana Gardner, Dietician Nutrition Roundtable Talk 10 a.m.	7 Five Below 10 a.m.	8 Birthday Lunch at Chilis 11 a.m.
11 Popcorn and a Movie 10 a.m.	12	13 Jazz in the Park at James Weldon Johnson Park 10:30 a.m.	14	15 Fish-A-Thon at Hanna Park -Senior Centers Closed- 10 a.m.
18 Sweetest Day: Sweets for My Sweeties Candy Making 10 a.m.	19	20 J.S. Johnson's Super Bingo 10:30 a.m.	21	22 Harvest Fest 10 a.m.
25	26	27	28	29