

OCEANWAY SENIOR CENTER

12215 W. Sago Avenue ~ Jacksonville, FL 32218 ~ (904) 696-4331

Specialist: Dawn Avery

OCTOBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Variety 8:30 a.m. Card Games 9 a.m. Walking 9:30 a.m. Bingo 10 a.m. Card Games 12:30 p.m.	Puzzles 8:30 a.m. Breakfast 9:30 a.m. Walking 9:30 a.m. Bingo 10 a.m. Crochet & Knit Class 11 a.m. Card Games 12:30 p.m.	Puzzles 8:30 a.m. Card Games 9 a.m. Bible Study 10 a.m. Chair Volleyball 11 a.m. Line Dance Class 12:30 p.m. Puzzles Variety 1 p.m.	Breakfast 9:30 a.m. Walking 9:30 a.m. Bingo 10 a.m. Education Material 11:30 a.m. Senior Exercise 12:30 p.m. Card Games 1 p.m.	Puzzle Variety 8:30 a.m. Walking 9:30 a.m. Bingo 10 a.m. Chair Volleyball 11 a.m. Dominoes 12:30 p.m. Card Games 1 p.m.
AVAILABLE DAILY Wii Bowling, Games, Billiards, Computers, Walking in the Park, Jigsaw Puzzles, Hidden Picture, Word Puzzles, Fishing, Board Games, Adult Coloring, Sewing Machine Available LUNCH 12 p.m.				
Forever Fit 50 & Beyond, 2019 Senior Games Continue; October 1st thru October 5 th	1	2 Goodwill on Beach Blvd. 9:30 a.m.	3 Winn Dixie 11 a.m.	4
7 Soul Food Bistro 10:15 a.m.	8 Site Council Meeting 12:30 p.m.	9 Walmart/Dollar Tree 9:30 a.m. ILRC's Free Amplified Phone Program 11 a.m.	10 Program Advisory Board Meeting @ Lane Wiley 11 a.m.	11 Intro. to Pickleball at Cuba Hunter C.C. Gym 10:30 a.m.
14 Special Bingo 12:30 p.m.	15 Nutrition Counseling w/Dana, Dietitian 11 a.m.	16 Tinseltown Movies 9:45 a.m.	17 Beaver Street Farmer's Market 9:30 a.m.	18
21	22 5 Below at Town Center 9:30 a.m.	23	24 Tour of Sally Corp. 10 a.m. (Limit 10) Blood Pressure Checks w/Ms. Barbara 11 a.m.	25 Tour of Fresh Ministries Aquaponics Greenhouse 9:30 a.m. Birthday Celebrations 11 a.m.
28 Special Bingo 12:30 p.m.	29 Jacksonville Zoo 9:30 a.m.	30	31 Halloween Costume Party and Potluck Luncheon 11 a.m.	