

CARVILL SENIOR CENTER

1302 Carvill Ave, Jacksonville, FL 32208~ Jacksonville, FL 32208

Specialist: Martinique Glover

August 2022

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.	Chair Volleyball 10 a.m. Word Games 11 a.m. Bingo: 10:30 a.m.	Breakfast 9 a.m. Bible Study 10:30 a.m. Chair Exercise 10 a.m.	Art 9 a.m. Chair Volleyball 10 a.m. Bingo 11 a.m. Word Games 12:30 p.m.
AVAILABLE DAILY Puzzles, Sing-A-Long, Coloring, Reading, Computers LUNCH 12 p.m.				
1 Trip to Leroy Clemmons for Louis Dinah Spirit Week. 10:30 am	2	3 Lunch out at Ship to Shore 10:30 am	4 Guest Speaker: SHINE 10:30 am	5 Senior Prom 5-8 pm
8 Trip to Bennie Furlong for Spirit Week 10:30 am	9	10 Making S'mores for National S'more Day! 11:00 am	11	12 Trip to Red Lobster 10:30 am
15 Zumba Gold DVD 9:30 am	16	17 " National Thrift Shop Day " Trip to Paxon Thrift Shop 10:30 am	18	19 Trip to Mandarin for Long Branch Spirit Week 10:30 am
22 Trip to Leroy Clemmons for Spirit Week 10:30 am	23 Summer Craft Day "Making Summer Wreaths" 10:30 am	24 Trip to Roses 10:30a.m.	25	26
29 " Less Salt More Herbs Day " Discussion with Dana the Dietician about healthy salt alternatives 10:30am	30 Trip to Walmart 10:30 am	31 Carvill One Year Anniversary Celebration 10:30 am		