

# CLANZEL BROWN SENIOR CENTER

4575 Moncrief Road ~ Jacksonville, FL 32209 ~ (904) 764-8752

Specialist: Carl Jackson

# MARCH 2020

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking 8 a.m. Current Events 10 a.m. Exercise Video 1 p.m.	Puzzles 9 a.m. Breakfast 9 a.m. Cecil Field Water Aerobics 10 a.m. Bible Class 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Breakfast 9 a.m. Rap Sessions 9:30 a.m. "Fun Day" 10 a.m. Brain Exercises 1 p.m. Exercise Video 1 p.m.	Breakfast 8:30 a.m. Exercise 9:30 a.m. Chair Volleyball 10 a.m. Bingo 12:30 p.m. Exercise Video 2 p.m.	Exercise 8:30 a.m. Cecil Field Water Aerobics 10 a.m. Bible Trivia 10 a.m. Movies & Popcorn 10 a.m. Exercise Video 1 p.m.
<b>AVAILABLE DAILY</b> Sing-A-Long, Word Puzzles, Computers, Cards, Dominoes and Board Games <b>LUNCH</b> 12 p.m.				
2	3	4	5 Dollar Tree 10 a.m.	6 Shiloh Church Food Drive 10 a.m. UniverSoul Circus (Ticket Required) 10:30 a.m.
9	10 Discussion on Presidential Primary Election 10 a.m.	11 Safety & Security Seminar at Duval Extension Office 10:30 a.m.	12	13 Open House 10 a.m. Geriatric ToothFairy 11 a.m.
16 Lunch at Red Lobster 11 a.m.	17	18	19 Walk for Wellness Program 10 a.m.	20 Regency Movies 10 a.m.
23	24 Walmart 10 a.m.	25 Driver's Meeting at Singleton 10:30 a.m.	26	27 Fish-A-Thon at Hanna Park (RSVP Required) 10 a.m.
30	31			