

LONGBRANCH SENIOR CENTER

4110 Franklin Street ~ Jacksonville, FL 32206 (904) 630-0893

Specialist: Angela K. Hicks & Cheryl Harris

OCTOBER 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Brain Games 10 a.m. Walmart 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Card Games 9:45 a.m. Shopping at Roses 10 a.m. Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Bible Study 10 a.m. Scrabble 10 a.m. Publix 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Bingo 12 p.m.
LUNCH DAILY 11 a.m.				
Forever Fit 50 & Beyond, 2019 Senior Games Continue; October 1st thru October 5 th	1 Café Discussion: Senior Games	2 Bingo w/CarePlus 10 a.m.	3 Blood Pressure Checks 10 a.m.	4 Movie: Members Choice 10 a.m. Target 10 a.m. ILRC's Free Amplified Phone Program 11 a.m.
7 Breakfast at Denny's 10 a.m.	8 Community Outreach Day: Hand Out Information & Flyers in the Community 10 a.m.	9 Strange But True Trivia Game 10 a.m. Lunch at Jason's Deli 10:30 a.m.	10 Café Discussion: Fall Is Here – Changes in the Weather & Staying Healthy Program Advisory Board Meeting @ Lane Wiley 11 a.m.	11 Intro. to Pickleball at Cuba Hunter C.C. Gym 10:30 a.m. Happy Anniversary Longbranch Luncheon 10:45 a.m.
14 Ross Dept. Store 10 a.m.	15 Café Discussion: Healthy Food – Seafood vs See Food	16 Trivia: Where In the World Game – Put Your Geographical Knowledge to the Test 10 a.m.	17 Trip to Southern Women's Show at the Prime Osborne Center 10 a.m.	18 Movie: Mystery Movie 10 a.m. Shopping at Aldi 10 a.m.
21 Arts & Crafts Project 10 a.m. Tinseltown Movies 10:15 a.m.	22 Café Discussion: Planning a Vacation	23 Café Discussion: Oktoberfest UF Health ~ Stroke Prevention 11 a.m.	24 Café Discussion: Remember Love a Senior Day on Saturday October 26th	25 Birthday Celebrations: In House Birthday Bingo Spectacular with Activities & Prizes 10 a.m.
28 Café Discussion: Jets vs Jaguars Game Lunch at Cracker Barrel 10:30 a.m.	29 Chair Volleyball 10 a.m.	30 Play a Game of Interior Mini Golf 10:30 a.m. Shopping at Ollie's 10:30 a.m.	31 Tic-Tac-Toe Tournament 12 p.m.	