

HAMMOND SENIOR CENTER

3312 W. 12th Street ~ Jacksonville, FL 32254 ~ (904) 255-6787

Specialist: Joseph Hancock

OCTOBER 2021

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzles 8 a.m. Pool 8 a.m. Skip Bo 8:30 a.m. Walk Outside 1:30 p.m.	Puzzles 8 a.m. Pool 8 a.m. Skip Bo 8:30 a.m. Breakfast 9 a.m. Bible Study 11 a.m. Exercise 11:15 a.m.	Puzzles 8 a.m. Pool 8 a.m. Skip Bo 8:30 a.m. Breakfast 9 a.m. Cards 9:30 a.m. Blood Pressure Check 10 a.m.	Puzzles 8 a.m. Pool 8 a.m. Skip Bo 8:30 a.m. Breakfast 9 a.m.	Puzzles 8 a.m. Pool 8 a.m. Skip Bo 8:30 a.m. Chair Volleyball 10 a.m. Pool 10 a.m. Exercise 11:15 a.m.
AVAILABLE DAILY: Puzzles and Various Games LUNCH: 12 noon				
				1 Popcorn & Movie 12 p.m.
4	5 Senior Discount Day at Harveys 10:30 a.m.	6	7 Bridge The Gap 10 a.m.	8
11	12 Energizing Chair Yoga 10 a.m.	13	14	15 Fish-A-Thon at Hanna Park <i>-Senior Centers Closed-</i> 10 a.m.
18 Breast Cancer Awareness Luncheon 10:30 a.m.	19	20	21 Bring A Friend Day Outreach 11 a.m.	22 Birthday Celebration at Hammond 12 p.m.
25	26	27	28	29