

# HAMMOND SENIOR CENTER

3312 W. 12<sup>th</sup> Street ~ Jacksonville, FL 32254 ~ (904) 786-8554

Specialist: Iscah Holland

# OCTOBER 2019

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

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| Puzzles 8 a.m.<br>Skip Bo 8:30 a.m.<br>Walmart Outing 10 a.m.<br>Walk Outside 1:30 p.m.             | Puzzles 8 a.m.<br>Skip Bo 8:30 a.m.<br>Breakfast 9 a.m.<br>Bible Study 11 a.m.<br>Exercise 11:15 a.m. | Puzzles 8 a.m.<br>Skip Bo 8:30 a.m.<br>Breakfast 9 a.m.<br>Current Events 9 a.m.<br>Cards 9:30 a.m.<br>Blood Pressure Check 10 a.m.<br>Active Games 10:30 a.m. | Puzzles 8 a.m.<br>Skip Bo 8:30 a.m.<br>Breakfast 9 a.m.                             | Puzzles 8 a.m.<br>Skip Bo 8:30 a.m.<br>Chair Volleyball 10 a.m.<br>Pool 10 a.m.<br>Exercise 11:15 a.m.                   |
| <b>AVAILABLE DAILY</b> Puzzles and Various Games <b>LUNCH</b> 12 p.m.                               |   |  |   |  |
| Forever Fit 50 & Beyond, 2019<br>Senior Games Continue;<br>October 1st thru October 5 <sup>th</sup> | 1   | 2  | 3   | 4<br>Popcorn & Movie 12 p.m.   |
| 7<br>Freshfields Farm 10 a.m.   | 8   | 9<br>Roses 10 a.m.   | 10<br>Commodities 10 a.m.<br>Program Advisory Board<br>Meeting @ Lane Wiley 11 a.m. | 11<br>Intro. to Pickleball at Cuba<br>Hunter C.C. Gym 10:30 a.m.<br>FLHSMV's Grand Driver &<br>Pedestrian Safety 11 a.m. |
| 14<br>Walmart 10 a.m.<br>(Normandy)   | 15<br>Bingo w/WellCare 9:30 a.m.  | 16   | 17<br>Advisory Council Meeting<br>10:30 a.m.  | 18<br>Golden Corral 11 a.m.  |
| 21<br>Dollar General 10 a.m.<br>(Normandy)  | 22  | 23<br>Roses 10 a.m.  | 24<br>Site Council Meeting 10 a.m.  | 25<br>Birthday Celebrations 12 p.m.  |
| 28<br>Walmart 10 a.m.<br>(Normandy)   | 29  | 30<br>White Elephant Sale 10 a.m.  | 31<br>Halloween Costume Contest<br>11 a.m.  |  |