

# LONGBRANCH SENIOR CENTER

# OCTOBER 2021

4110 Franklin Street ~ Jacksonville, FL 32206 (904) 255-6790

Specialist: Angela K. Hicks

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Café Hour 9:15 a.m. Chair Exercise 9:45 a.m. Table Games 10 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:45 a.m. What's New in Jax 9:45 a.m. Brain Games 10 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:45 a.m. Card Games 10 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:45 a.m. What's New in Jax 10 a.m. Table Talk Discussion 10:30 a.m.	Morning Café Hour 9:15 a.m. Chair Exercise 9:45 a.m. Bingo 12 p.m.
<b>LUNCH DAILY 11 a.m.</b>				
				1 Reminder: Stay Hydrated This Weekend! Movie: The HELP 9:30 a.m. Popcorn served
4 Outdoor Gardening 11 a.m.	5 Wear Pink Today for Breast Cancer Awareness Day Balloon Release for Loved Ones – ( R.I.P.) <i>With Dana Gardner Senior Services Dietitian 11 a.m.</i>	6 Rose's 10 a.m.	7	8 Longbranch 37 <sup>th</sup> Anniversary & Outreach Day: <i>Invite a Friend or Neighbor to Longbranch Cakewalk</i> 10 a.m. Jacksonville Trivia Contest 12 p.m.
11	12 Outdoor Gardening 10:30 a.m.	13 Motown Music Trivia 11 a.m.	14 "Sweetest Day" Name That Candy Game 10:30 a.m.	15 Fish-A-Thon at Hanna Park <i>-Senior Centers Closed-</i> 10 a.m.
18 Harvest Decorations: How Great ART Thou <i>Decorate Your Center Project</i> 10:30 a.m.	19 Blood Pressure Checks 10:30 a.m.	20	21 Outdoor Gardening 10:30 a.m.	22 Chair Volleyball 10:30 a.m.
25 Outdoor Gardening 10:30 a.m.	26 Café Discussion: To Add Sugar or Not ( <i>Pumpkin Flavored Coffee or Tea provided</i> ) 10 a.m.	27 1970's Trivia 10 a.m.	28	29 Training with Independent Living Program 10:00 a.m.

