

CLANZEL BROWN SENIOR CENTER

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

Specialist: Carl Jackson

JANUARY 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.
AVAILABLE DAILY Sing-A-Long, Word Puzzles, Computers, Cards, Dominoes and Board Games LUNCH 12 p.m.				
		1 New Year's Day ~ Closed	2	3
6 Outreach at Walmart 10 a.m.	7	8 Emerson Thrift Store 10 a.m.	9	10 Regency Movies 10 a.m.
13 Movie “ Many Rivers To Cross” by Henry Louis Gates Jr. 10 a.m.	14	15	16	17 Program Remembering Dr. Martin Luther King 10 a.m.
20 MLK Day ~ Closed	21 Dollar Tree 10 a.m.	22	23	24 Mayport Seafood 10 a.m.
27	28	29 Senior Day in Tallahassee 6 a.m. (Sign-Up Required)	30	31