

HAMMOND SENIOR CENTER

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

Specialist: Iscah Holland

SEPTEMBER 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzles 8 a.m. Skip Bo 8:30 a.m. Walk Outside 1:30 p.m.	Puzzles 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. 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. Skip Bo 8:30 a.m. Breakfast 9 a.m.	Puzzles 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 p.m.				
		1	2 Blueberry Popsicle Day 12 p.m.	3 Popcorn & Movie 12 p.m.
6 Labor Day <i>Senior Center Closed in Observance of Labor Day</i>	7	8	9 Honoring the 20 th Anniversary of 9/11 Event 11 a.m.	10
13 Positive Thinking Day 10 a.m. (Discussion)	14 Energizing Chair Yoga 10 a.m.	15 Make A Hat Day 10 a.m. (Arts & Crafts)	16 National Play-Doh Day 10 a.m. (Fun Day)	17 Fall Prevention Presentation 10 a.m.
20	21 Bridge the Gap 10 a.m.	22	23	24 Birthday Celebration 12 p.m.

27	28 National Good Neighbor Day: Invite Your Neighbor To Hammond Senior Center	29 Breakfast with Dana, Our Dietician 9:30 a.m.	30	
----	---	---	----	--