

# LOUIS DINAH SENIOR CENTER

1805 Flag Street. ~ Jacksonville, FL 32209 ~ (904) 630-0728

Specialist: Tanya Yarn

# SEPTEMBER 2021

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Word Puzzles 8:30 a.m. Hidden Pictures 9 a.m. Coloring Corral 9 a.m. Dominoes 10 a.m. Exercise 10 a.m. Walking 11 a.m. Educational Material 12:30 p.m.	Word Puzzles 8:30 a.m. Brain Games 9 a.m. Arts & Craft 9:30 a.m. Walking 10:30 a.m. Chair Dancing 11 a.m. Health Material 12:30 p.m. Pool 1 p.m.	Word Puzzles 8:30 a.m. Hidden Pictures 9 a.m. Bible Study 10 a.m. Card Games 10 a.m. Walking 10 a.m. Trivia 10:30 a.m. Chair Exercise 10:30 a.m. Educational Material 12:30 p.m.	Word Puzzles 8:30 a.m. Brain Games 9 a.m. Walking 10 a.m. Coloring Corral 10 a.m. Bingo 10:30 a.m. Trivia 12:30 p.m. Pool 1 p.m.	Word Puzzles 8:30 a.m. Arts & Craft 9:30 a.m. Walking 10 a.m. Pool 10 a.m. Card Games 10 a.m. Wii Sports 11 a.m. Brain Game 11 a.m. Educational Material 12:30 p.m.
<b>AVAILABLE DAILY: Pool, Word Puzzles, Boardgames, Adult Coloring, Dominoes, Walking, Card Games, (Some activities subject to change)</b> <b>LUNCH 12:00 p.m.</b>				
		1	2 National Blueberry Popsicle Day Social 1 p.m.	3 National College Colors Day: Wear Your Favorite College Colors & Bring a Friend 8 a.m.
6 Labor Day Holiday <i>Senior Center Closed in Observance of Labor Day</i>	7	8 Dana Gardner, Nutritionist 10:30 a.m.	9 Honoring the 20 <sup>th</sup> Anniversary of 9/11 Event 11 a.m.	10 National Swap Ideas Day <i>with</i> Front Porch Stories 10:30 a.m.
13 National Grandparents Day	14 Arts and Craft for National Creative Day 10 a.m.	15 National Linguini Day Lunch 12 p.m.	16 National Raisin Bread Day: <i>Think Outside the Box Recipes with Raisin Bread</i> 9 a.m.	17 Birthday Lunch 11 a.m.
20 Fall Prevention Week	21	22	23	24
27	28	29 National Coffee Day-Coffee House Social 10:30 a.m.	30 Brain Game Contest 11 a.m.	

