

CLANZEL BROWN SENIOR CENTER

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

Specialist: Carl Jackson

SEPTEMBER 2019

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. 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. 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.				
2 Labor Day ~ Closed	3 Cason's Vineyard 10 a.m.	4	5 Join in Lincoln Villa's Sandbox Treasure Hunt at Their Mermen & Mermaids Spirit Week Event 10 a.m.	6 Regency Movies 10 a.m.
9	10 Applebee's Lunch 10:30 a.m..	11	12 Site Council Meeting 10 a.m.	13 Come Shine with Our Seniors at Charlie Joseph's Spirit Week Talent & Fashion Show 10 a.m.
16	17 Welcome to the Future: Techno Day Spirit Week Event at Jim Fortuna 10 a.m.	18	19	20
23	24 Paxon Thrift Store 10 a.m.	25	26 Senior Services Spirit Week Pep Rally at Sk8 City 10 a.m.	27
30		September is National Senior Center Month ~ The Key to Aging Well!		Forever Fit 50 & Beyond, 2019 Senior Games; September 27 th thru October 5 th