

# LONGBRANCH SENIOR CENTER

4110 Franklin Street ~ Jacksonville, FL 32206 (904) 630-0893

Specialist: Angela K. Hicks & Cheryl Harris

## AUGUST 2019

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Brain Games 10 a.m. Walmart 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Card Games 9:45 a.m. Shopping at Roses 10 a.m. Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. What's New in Jax 9:45 a.m. Bible Study 10 a.m. Scrabble 10 a.m. Publix 10:15 am Bingo 12 p.m.	Morning Café Hour 8 a.m. Chair Exercise 9 a.m. Bingo 12 p.m.
<b>LUNCH DAILY 11 a.m.</b>				
			1 Blood Pressure Checks 10 a.m.	2 Have Spooky Fun at "Thriller Friday" at Louis Dinah's Spirit Week Event 10 a.m. Movie: Members Choice 10 a.m. Senior Prom 6 p.m.
5 Out To Breakfast at University Diner 10 a.m.	6 Community Outreach Day: Hand Out Flyers in the Community 10 a.m.	7 Chair Volleyball 10 a.m. Office of the AG's Scam Smart 11 a.m.	8 Café Discussion: Kale vs Spinach, Which is Healthier? Program Advisory Board Meeting @ Lane Wiley 11 a.m.	9 Goin to a Shot Gun Wedding with Performers and a Grillin Fundraiser for Hammond's Spirit Week Event 10 a.m. Movie: Members Choice 10 a.m.
12 When We Were Young; Bring Your Younger You Pics To Lane Wiley's Picture Day Spirit Week Event 10 a.m.	13 Café Discussion: Water-Spring, Purified, Fluoridated, Distilled, Sparkling, What Shall I Drink?	14 Trivia 9:30 a.m. Chair Volleyball 10 a.m. Senior Summit on the Opioid Crisis~Legends Center 10 a.m.	15 Café Discussion: How to Make a Strawberry Almond Milk Smoothie	16 Café Discussion: Prepare for Spirit Week Show Off Your Talents at the Senior Entertainment Day Event 10 a.m.
19 Celebrate the Culture of Asia with our East Indian Inspired Fashion Show for Spirit Week 10:30 a.m. Table Games 12 p.m.	20 Join Us for an English Tea Party~Wear Your Hats and Dress Up to Observe European Culture for our Spirit Week Event 10:30 a.m. Movie: Rear Window 11 a.m.	21 Celebrate North America; Wear Red, White & Blue for Longbranch and Participate in Frances Padgett's Hot Dog Sale for Spirt Week 10:30 a.m. Pictures with Scampi, The Jumbo Shrimp Mascot 12 p.m.	22 Celebrating South America with Music & Dancing. Come Salsa, Cha, Cha, Samba & Merengue with us for Spirit Week 10:30 a.m. Jeopardy Game 12 p.m.	23 Wear Your Favorite African Inspired Dress to Celebrate African Culture & our Mini Fashion Show for Spirit Week 10:30 a.m.
26	27 Café Discussion: Transportation Needs	28 What To Do In Case of Fire: Fire Drill Practice 10:30 a.m.	29 Café Discussion: Opioids and Mental Health	30 Birthday Celebration: Out to Lunch at Shut Em Down Restaurant 10:30 a.m.