

# CLANZEL BROWN SENIOR CENTER

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

Specialist: Carl Jackson

## FEBRUARY 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.
<b>AVAILABLE DAILY</b> Sing-A-Long, Word Puzzles, Computers, Cards, Dominoes and Board Games <b>LUNCH</b> 12 p.m.				
3	4	5	6 Dollar Tree 10 a.m.	7
10	11 Valentine's Day Party at Clanzel Brown 10 a.m.	12 Comedy Show Valentine's Event at Riverview 10 a.m.	13	14 Senior Services Valentine's Day Sweetheart Ball at Sk8 City 10 a.m.
17 President's Day ~ Closed	18 Black History Program 2020 at Clanzel Brown 10 a.m.	19	20 Program Advisory Board Meeting at Lane Wiley 11 a.m.	21 Outing to Golden Corral 10 a.m.
24	25 Walmart Shopping 10 a.m.	26	27	28