SOUTHSIDE SENIOR CENTER APRIL 2025

10080 Beach Blvd ~ Jacksonville, FL 32246 Specialist: Kima Morales/Charles Webster Phone: 904-255-6940 Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Walking for Health 8 a.m. Games-Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Canasta 8:30 a.m. Spanish Class 10 a.m. Bingo 11 a.m. Chair Exercise (V) 1 p.m.Chair Volleyball 1 p.m. History Bytes w/Tony 1 p.m. Knitting/Crocheting 1 p.m.(V) Video | Walking for Health 8 a.m. Puzzle / Games 8 a.m. Chair Exercise (V) 9 a.m. Jazzco Line Dance 10 a.m. Chair Exercise (V) 1 p.m.Cards and Games 1 p.m.Mahjong 1 p.m. (V) Video | Walking for Health 8 a.m. Games - Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Open Art Studio 9 a.m. Spanish Bible Study 10:30 a.m.Ukulele/Singalong 11 a.m.Chair Exercise (V) 1 p.m.(V) Video | Walking for Health 8 a.m. Puzzle - Games 8 a.m. Canasta 8:30 a.m.Chair Exercise (V) 9 a.m. Loteria (Spanish Bingo) 10 a.m. Chair Exercise (V) 1 p.m.(V) Video | Walking for Health 8 a.m. Games - Puzzle 8 a.m. Chair Exercise (V) 9 a.m. Bible Study 10 a.m. Tai Chi w/Kathleen 10 a.m. Spanish Class (beginners)10 a.m. Bingo 11 a.m.Chair Volleyball 1 p.m.Chair Exercise (V) 1 p.m.(V) Video |
| **AVAILABLE DAILY:** Adult Coloring, Computer Lab, Exercises, Games, Hiking, Puzzles, and so much more. **BREAKFAST: 9 a.m. T-W-TH LUNCH: 12** **p.m.** |
|  | 1 “**April Fool’s Day”**Conviva Health Talk 11 a.m.(Decompress from Stress)  | 2 “**Peanut Butter & Jelly Day”**PBJ Sandwich Building Contest 1 p.m. | 3Northwest Behavioral Health with Charles 10 a.m. | 4 |
| 7 | 8Cornhole Competition 11 a.m.  | 9Nutrition Education w/Sharon (COJ Dietician) 9 a.m. | 10**Field Trip:**Rowe’s IGA Supermarket (Beach Blvd) 10:30am | 11 **Community Event****Arboretum and Botanical Gardens****Nature Hike and Picnic****10 ~ 1 Must sign up to attend.** **Spots Limited** |
| 1430 Minute Mindful Meditation9 a.m. | 15Movie (Members Choice) 11 a.m. | 16Site Council Meeting 10 a.m. | 17Senior Egg Hunt 11 a.m.**Conviva/Humana hosting** **April Birthday Celebration** **w/Family Feud! 12:30 p.m.** | 18 **FISH-A-THON****Hannah Park****10~2****“Registration Required”****CENTER CLOSED FOR SPECIAL EVENT** |
| 21 | 22 **“Earth Day”**Nature Art activity 11 a.m. | 23 “**World Book Day”**Book Picnic & Activity 9:30 a.m.Health Talks (Encompass Health) 10 a.m. | 24**Field Trip:** Chow’s Country Buffet 10:30 a.m.Conviva 11 a.m. | 25 **Tea at the Terry****“The Ties That Bind”** **Ritz Chamber Players****Jacksonville University** **Show at 1:00 p.m.** |
| 28 | 29 **International Dance Day**Open Dance Floor 11 a.m. | 30  **“International Jazz Day”**“Jazz in the Garden Breakfast Social" 9 a.m. |  |  |