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. | 3  Northwest Behavioral Health with Charles 10 a.m. | 4 |
| 7 | 8  Cornhole Competition  11 a.m. | 9  Nutrition 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** |
| 14  30 Minute Mindful Meditation  9 a.m. | 15  Movie (Members Choice)  11 a.m. | 16  Site Council Meeting 10 a.m. | 17  Senior 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. |  |  |