SOUTHSIDE SENIOR CENTER JANUARY 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 1 p.m.  Chair Volleyball 1 p.m.  History Bytes w/Tony 1 p.m.  Knitting/Crocheting 1 p.m. | 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 1 p.m.  Cards and Games 1 p.m.  Mahjong 1 p.m. | Walking for Health 8 a.m.  Games - Puzzle 8 a.m.  Chair Exercise (V) 9 a.m.  Spanish Bible Study 10:30 a.m.  Ukulele/Singalong 11 a.m.  Chair Exercise 1 p.m.  Chair Volleyball 1 p.m.  *Art Class with Angelo,*  *cancelled per Angelo’s request.*  **Tables remain available**  **for Individual Artists** | Walking for Health 8 a.m.  Puzzle - Games 8 a.m.  Chair Exercise (V) 9 a.m.  Canasta 8:30 a.m.  Chair Exercise 1 p.m.  Loteria (Spanish Bingo) 1 p.m. | 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 Exercise 1 p.m.  Chair Volleyball 1 p.m. |
| **AVAILABLE DAILY:** Adult Coloring, Computer Lab, Exercises, Games, Puzzles, and so much more. **BREAKFAST Tues - Thurs: 9 a.m. LUNCH Mon-Fri: 12** **p.m.** | | | | |
|  |  | **1**  **CENTERS CLOSED**  **HAPPY NEW YEAR!** | **2**  Spanish Bible Study 10:30 a.m.  Loteria (Spanish Bingo) 1 p.m. | **3**  Spanish Class 10 a.m. |
| **6**  Spanish Class 10 a.m. | **7** | 8  30 Mins of Mindful Meditation w/Kima  10 a.m.  Spanish Bible Study 10:30 a.m. | **9**  Music on Memory w/Brian of Best Solutions 11 a.m.  Loteria (Spanish Bingo) 1 p.m. | **10**  COVID Test Distribution and Presentation w/AHEC 9:30  Spanish Class 10 a.m.  **12:00 Ritz Chamber Players**  **Tea at the Terry! “Coretta’s Voice” JU’s Terry Theatre Please Sign Up** |
| **13**  Spanish Class 10 a.m. | **14**  **CONCERT:** Dan/Faith Senie Singer/Songwriters from  New England Perform | 15  30 Mins of Mindful Meditation w/Kima  10 a.m.  Spanish Bible Study 10:30 a.m.  Getting the Most Out of Your Dr. Visit w/Gianna of Devoted 11 a.m. | **16**  Smart Cremation Presentation  w/Nettie 11 a.m.  Loteria (Spanish Bingo) 1 p.m. | **17**  Spanish Class 10 a.m. |
| **20**  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MARTIN LUTHER KING JR.** | **21**  Korean Dance 11 a.m. | 22  30 Mins of Mindful Meditation w/Kima  10 a.m.  Spanish Bible Study 10:30 a.m. | **23 FIELD TRIP:**  Sakora Buffet on 10:30 a.m.  Spanish Bible Study 10:30 a.m.  Get Up & Move 10:15a  Loteria (Spanish Bingo) 1 p.m. | **24**  Spanish Class 10 a.m. |
| **27** Spanish Class 10 a.m.  10:00 Florida Theatre  Theatreworks Presents  STEP AFRIKA!  A Senior Center Event  Sign up ~ Seats Limited | **28** | 29  30 Mins of Mindful Meditation w/Kima  10 a.m. | **30**  Spanish Bible Study 10:30 a.m.  Loteria (Spanish Bingo) 1 p.m. | **31**  Food Safety Training 10 a.m.  Spanish Class 10 a.m.  Nutrition Education 11 a.m. |