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** | 830 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 9:30Spanish 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 fromNew 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. | 2230 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 10:15aLoteria (Spanish Bingo) 1 p.m. | **24**Spanish Class 10 a.m. |
| **27** Spanish Class 10 a.m.10:00 Florida TheatreTheatreworks PresentsSTEP AFRIKA!A Senior Center EventSign up ~ Seats Limited | **28** | 2930 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. |