LINCOLN VILLA SENIOR CENTER MARCH 2025

**7866 New Kings Road ~ Jacksonville, FL 32219 ~ (904) 255-6810 Specialist: Christine Raysor Monday – Friday ~ 8 a.m. to 5 p.m.**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Cards, Coloring, Crochet,  Pool, Quilting, Puzzles,  Current Events 8 a.m.  Chair Exercise 9 a.m.  Meditation 9:30 a.m.  Bible Trivia 10 a.m. | Cards, Coloring, Crochet, Pool, Quilting, Puzzles, Current Events 8 a.m.  Chair Exercise 9 a.m.  Meditation 9:30 a.m.  Bible Trivia 10 a. m.  Bingo 10:00 a.m. | Cards, Coloring, Crochet,  Pool, Quilting, Puzzles,  Current Events 8 a.m.  Chair Exercise 9 a.m.  Meditation 9:30 a.m.  Bible Trivia 10 a.m. | Cards, Coloring, Crochet,  Pool, Quilting, Puzzles,  Current Events 8 a.m.  Chair Exercise 9 a.m.  Meditation 9:30 a.m.  Bible Trivia 10 a.m. | Cards, Coloring, Crochet,  Pool, Quilting, Puzzles,  Current Events 8 a.m.  Chair Exercise 9 a.m.  Meditation 9:30 a.m.  Bingo 10 a. m. |
| **AVAILABLE: Pool, Puzzles, Card, Exercise, Meditation, Trivia Breakfast 8:30 a.m. Tuesday - Thursday Lunch 12:00 p.m. Monday - Friday** | | | | |
| 3  Advisory Council Meeting 10:30 am  Bible Trivia 10:30 – 11:30 a.m. | 4  Nutrition Education w/Dietician Sharon 10 a.m.  Advisory Shopping/Banking  10:00 a.m. | 5  **Tai Chi Class 10 – 11 a.m.** | 6  **Field Trip**  Harvey’s /Roses | 7  Bring Tea / Lemonade |
| 10  Get Up and Move 10 a.m.  Wear Lincoln Villa T-shirt | 11  Northwest Behavior Group  10:00 a.m. | 12  **Field Trip**  Bridge the GAP  9:30 a.m. | 13  **Field Trip**  Walmart 10 a.m. | 14  Blue Jean Day  Wear Your Blue Jeans! |
| 17  Meaning of St Patrick’s Day  11 a.m.  Wear Green  Refreshments Served | 18 | 19  Advisory Council Shopping/Banking 10:00 a.m. | 20  **Field Trip**  Dollar Tree / 5 & Below  10:00 a.m. | 21  Super Bingo 10:30 – 11:30 a.m. |
| 24  **Fall Prevention**  **Saving Claire Project**  **w/Kris of Modified Independent Living 10 – 11 a.m.** | 25  Bring Candy Day | 26  **Health Talks w/Encompass Health**  **10:00 a.m.** | 27  Walk for Your Health  Outdoor Stroll 10:30 a.m. | 28  **Walk for Senior Wellness**  **Friendship Fountain**  **11 a.m. – 1 p.m.**  **Registration Required**  **Medication Review 9 – 11 a.m.**  **w/UF Pharmacy Students**  **Birthday Celebration**  **12:30 a.m.** |
| 31 |  |  |  |  |