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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |
| 3Advisory Council Meeting 10:30 amBible Trivia 10:30 – 11:30 a.m. | 4Nutrition Education w/Dietician Sharon 10 a.m.Advisory Shopping/Banking10:00 a.m. | 5**Tai Chi Class 10 – 11 a.m.** | 6**Field Trip**Harvey’s /Roses | 7Bring Tea / Lemonade |
| 10Get Up and Move 10 a.m.Wear Lincoln Villa T-shirt | 11Northwest Behavior Group10:00 a.m. | 12**Field Trip**Bridge the GAP 9:30 a.m. | 13**Field Trip**Walmart 10 a.m. | 14Blue Jean DayWear Your Blue Jeans!  |
| 17Meaning of St Patrick’s Day 11 a.m.Wear GreenRefreshments Served | 18 | 19Advisory Council Shopping/Banking 10:00 a.m. | 20**Field Trip**Dollar Tree / 5 & Below 10:00 a.m. | 21Super Bingo 10:30 – 11:30 a.m. |
| 24**Fall Prevention** **Saving Claire Project** **w/Kris of Modified Independent Living 10 – 11 a.m.** | 25Bring Candy Day | 26**Health Talks w/Encompass Health****10:00 a.m.** | 27Walk 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 |  |  |  |  |