SOUTHSIDE SENIOR CENTER MARCH 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 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.(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. Amateur Artist Table 9 a.m. Spanish Bible Study 10:30 a.m.Ukulele/Singalong 11 a.m.Chair Exercise (V) 1 p.m.Chair Volleyball 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.Chair Volleyball12:30 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 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. M-F** |
| 3History Bytes w/Tony 1 p.m. | 4 FAT TUESDAYHealth Talks w/Encompass Health 11 a.m. | 5 CHEESE DOODLE DAY | 6 OREO DAYNorthwest Behavioral Health with Charles 10 a.m. | 7  |
| 10History Bytes w/Tony 1 p.m. | 11Site Council Meeting 10 a.m. | 12Nutrition Education w/Sharon COJ Dietician 10a.m. | 13 Movie Day 11 a.m. | 14 POTATO CHIP DAY |
| 17 **ST. PATRICK’S DAY** **WEAR GREEN!** History Bytes w/Tony 1 p.m. | 18Fall Prevention/Saving Claire w/Kris ~ Call Before Mom Falls 11a.m. | 19Get Up and Move 10 a.m.Canvas & Coffee 10 a.m. (RSVP) | 20Field Trip: Kohl’s& Wal-Mart (Atlantic Blvd) 10 a.m. | 21**March Birthday Celebration** **w/Family Feud! 12:30 p.m.****Sponsored by Conviva/Humana** |
| 24History Bytes w/Tony 1 p.m. | 25  **MEDAL of HONOR DAY** | 26 **WEAR PURPLE DAY****In Recognition of Epilepsy** | 27Field Trip: RD International Market(Beach Blvd) 10 a.m. | 28**Walk for Senior Wellness****Friendship Fountain****11 a.m. – 1 p.m.****Registration Required** |
| 31History Bytes w/Tony 1 p.m. |  |  |  |  |