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 Volleyball  12:30 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** | | | | |
| 3  History Bytes w/Tony 1 p.m. | 4 FAT TUESDAY  Health Talks  w/Encompass Health 11 a.m. | 5 CHEESE DOODLE DAY | 6 OREO DAY  Northwest Behavioral Health with Charles 10 a.m. | 7 |
| 10  History Bytes w/Tony 1 p.m. | 11  Site Council Meeting 10 a.m. | 12  Nutrition 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. | 18  Fall Prevention/Saving Claire  w/Kris ~ Call Before Mom Falls 11a.m. | 19  Get Up and Move 10 a.m.  Canvas & Coffee 10 a.m. (RSVP) | 20  Field 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** |
| 24  History Bytes w/Tony 1 p.m. | 25  **MEDAL of HONOR DAY** | 26 **WEAR PURPLE DAY**  **In Recognition of Epilepsy** | 27  Field Trip:  RD International Market  (Beach Blvd) 10 a.m. | 28  **Walk for Senior Wellness**  **Friendship Fountain**  **11 a.m. – 1 p.m.**  **Registration Required** |
| 31  History Bytes w/Tony 1 p.m. |  |  |  |  |