SOUTHSIDE SENIOR CENTER    DECEMBER 2024

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 Bible Study 9:30 a.m.  Spanish Class 10:30 a.m.  Bingo 11 a.m.  Chair Exercise 1 p.m.  Chair Volleyball 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.  Ukulele/Singalong 11 a.m.  Chair Exercise 1 p.m.  Chair Volleyball 1 p.m.  Art Class has been cancelled  at 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. | 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 10:30 a.m.  Bingo 11 a.m.  Chair Exercise 1 p.m.  Chair Volleyball 1 p.m.  V - Video |
| **AVAILABLE DAILY:** Adult Coloring, Computer Lab, Exercises, Games, Hiking, Puzzles, and so much more. **BREAKFAST: 9 a.m. LUNCH: 12** **p.m.** | | | | |
| 2  Windy Hill Neighborhood Association meeting 6 p.m. (Kima) | 3  **FIELD TRIP:** Mandarin Holiday Craft and Gift Event.10 a.m.  **MUSIC:** Gil/Arturo 12 p.m. | 4  **30 Mins of Mindful Meditation w/Kima 10 a.m.** | 5  NW Behavioral Health 10 a.m.  **FIELD TRIP:** Holiday Shopping Spree at Town Center 10 a.m. | 6  **Saturday \*\*See Note Below\*\*** |
| 9 | 10  **FIELD TRIP:**  Walmart/Beall’s 10 a.m.  Covid Test Kit – Distributed Today | 11 **CENTER CLOSES AT 2p.m.**  **GET ON THE SCHEDULE**  Seniors on a Mission 9 a.m.  **30 Mins of Mindful Meditation w/Kima 10 a.m.** | 12  FL Blue Presents  “Resilience During the Holiday”  10 a.m. | 13 |
| 16 | 17 | 18  **30 Mins of Mindful Meditation w/Kima 10 a.m.**  **FIELD TRIP:** Sprouts/Shipley Do-Nuts 10 a.m. | 19  **Reindeer Games**  **Presented by the**  **Health and Wellness Committee**  **Mary Singleton Center**  **10:00 am-12:00 pm.** | 20  Holiday Celebration 10 a.m. |
| 23 | 24  CENTER CLOSED IN OBSERVANCE OF CHRISTMAS EVE | 25  CENTER CLOSED IN OBSERVANCE  OF CHRISTMAS  Hanukkah Begins | 26  KWANZAA Begins | 27  December Birthday Celebration |
| 30 | 31  New Year’s Eve | CENTER CLOSED  HAPPY NEW YEARS! | **COMING NEXT MONTH**  January 16, 2025  Nettie Sams with Smart Cremation / Discussion and Education | **\*\* Holiday Festival \*\***  **Prime Osborn 1~4**  **Saturday December 7th**  **Must purchase tickets**  **in advance. $10pp**  **Contact the Senior Center for more information** |