River City SENIORS

CITY OF JACKSONVILLE SENIOR SERVICES DIVISION

AUGUST 2026 | EDITION NO. 8



City of Jacksonville Senior Services Division
117 West Duval Street, City Hall at St. James Building
Jacksonville, FL 32202

www.jaxseniors.net

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JACKSONVILLE NORTHWEST
500 McDuff Ave S
Jacksonville, FL 32254
(904) 506-4044



From the Desk of the Chief:

Dear Friends,

As August arrives, so does that familiar feeling that summer is beginning to wind down — but not before we squeeze every last bit of fun out of it! This has been a season to remember across the Division of Senior Services, filled with laughter, movement, and community. From cooling off at Senior Swim and enjoying fan favorite movies to singing in the park and showcasing Jacksonville's talented "seasoned" citizens, you have shown what it means to stay active, connected, and full of life.

Before we say goodbye to summer, we've saved the best for last: the Annual Senior Prom, will be held August 7th with this year's dazzling theme — Hollywood Nights! Roll out the red carpet and get ready to shine, because for one unforgettable evening, every guest is a star. We're encouraging everyone to bring their glitz and glamour — think sequins, suits, feather boas, and your finest formalwear — as we transform the dance floor into a night worthy of the silver screen and crown our prom King and Queen.

This celebration is our way of honoring the joy, wisdom, and spirit our seniors bring to Jacksonville all year long, and we'd love nothing more than to see you there in the spotlight. So mark your calendars, plan your best red-carpet look, and get ready to make your grand entrance.

Summer may be drawing to a close, but the best of River City senior living is still ahead. Lights, camera, action — we can't wait to celebrate with you!

With warmth and gratitude,

Tourea B. Robinson
Chief of Senior Services
City of Jacksonville

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City of Jacksonville Senior Center Directory

Bennie Furlong Senior Center
281 19th Avenue South
Jacksonville Beach, FL 32250
Ph: (904) 255-6730

Carvill Senior Center
1302 Carvill Avenue
Jacksonville, FL 32208
Ph: (904) 255-6650

Charlie Joseph Senior Center
6943 Buffalo Avenue
Jacksonville, FL 32208
Ph: (904) 255-6822

Frances Padget Arlington Senior Center
1078 Rogero Road
Jacksonville, FL 32211
Ph: (904) 255-6733

Jim Fortuna Senior Center
11751 McCormick Road
Jacksonville, FL 32225
Ph: (904) 255-6844

JS Johnson Senior Center
1112 Jackson Street
Jacksonville, FL 32204
Ph: (904) 255-6755

Lane Wiley Senior Center
6710 Wiley Road
Jacksonville, FL 32210
Ph: (904) 255-6644

Leroy Clemons Senior Center
55 North Jackson Avenue
Jacksonville, FL 32220
Ph: (904) 255-6737

Lincoln Villa Senior Center
7866 New Kings Road
Jacksonville, FL 32219
Ph: (904) 255-6811

Mandarin Senior Center
3848 Hartley Road
Jacksonville, FL 32257
Ph: (904) 255-6750

Mary L. Singleton Senior Center
150 East 1st Street
Jacksonville, FL 32206
Ph: (904) 255-6666

Maxville Senior Center
18065 Pennsylvania Avenue
Jacksonville, FL 32234
Ph: (904) 255-6740

Oceanway Senior Center
12215 West Sago Avenue
Jacksonville, FL 32218
Ph: (904) 255-6855

Pine Forest Senior Center
4035 Grant Road
Jacksonville, FL 32207
Ph: (904) 255-6230

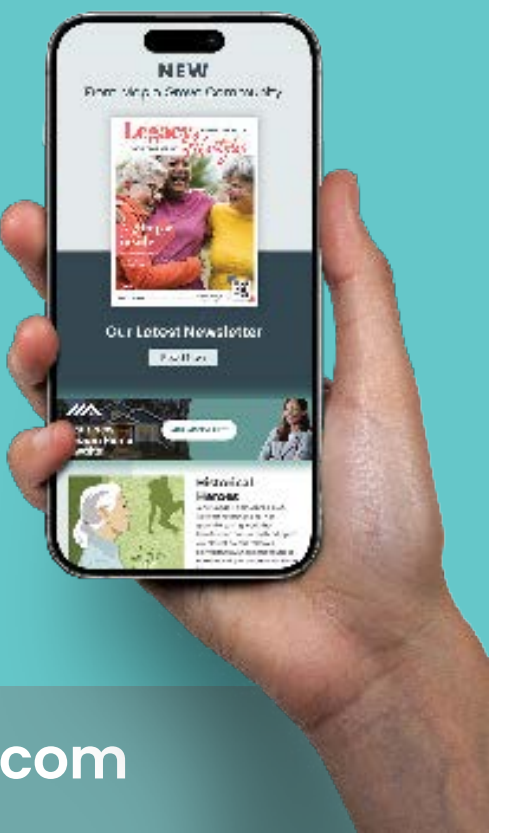
Riverview Senior Center
9620 Water Street
Jacksonville, FL 32208
Ph: (904) 255-6794

Southside Community Center
10080 Beach Boulevard
Jacksonville, FL 32246
Ph: (904) 255-6940

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Bennie Furlong Senior Center

281 19th Avenue South
Jacksonville Beach, FL 32250
(904) 255-6730 | Specialist: Dawn Avery
Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise 9:30am (V) **Line Dance Class** 1:30pm (I)	**Tai Chi Class** 9:30am (V) **Spanish Class** 10:30am (I) **Mexican Bingo** 12:30pm **Fit & Fab** 1:30pm (I)	**Chair Exercise** 9:30am (I) **Bible Study** 10:30am **Triominos** 10:30am **Crochet & Knitting** 1 pm **Fit & Fab** 1:30pm (I) **Ballroom Dance** 7:00pm	**Tai Chi Class** 9:30am (V) **Card Making** 10am (1st & 3rd Thursdays)	**Chair Exercise** 9:30am (V) **Card Games** 10:30am **Fit & Fab** 1:30pm (I)
3 **Nutrition Education w/Sharon Musculoskeletal Inflammation 10:30 a.m.**	**4** **Rummikub 9:30 a.m.**	**5** **New Activity** ***Triominios 10:30 a.m.***	**6** **Outing: Publix 10:30 a.m.**	**7** **Senior Prom Prime Osborn 5:30 – 8:30 pm** Hollywood Nights
10 **Feeding Northeast FL Food Demo and Nutrition Education 10 a.m.** **Bingo 10:30 a.m.**	**11** **Rummikub 9:30 a.m.**	**12** **New Activity** ***Triominios 10:30 a.m.***	**13** **Tai- Chi with Charles 9:30 a.m.** **Bingo with Nelson 10:30 a.m.** **Advisory Council Meeting at Mary Singleton 11 a.m.**	**14** **Outing: Aqua Aerobics at Blue Cypress Park 9:15 a.m.** **Card Games 10:30 a.m.**
17 **Hearing Test w/Cheryl Becker 10:30 a.m.**	**18** **CENTER CLOSED FOR EARLY VOTING!**	**19** **Chair Volley w/Nelson 10:00 a.m.** **New Activity** ***Triominios 10:30 a.m.***	**20** **Outing: Chow's Country Buffet 10:30 a.m.**	**21** **Outing: Aqua Aerobics at Blue Cypress Park 9:15 a.m.** **Card Games 10:30 a.m.**
24 **Outing: Wal-Mart 10:15 a.m.**	**25** **Summer Movie Series Downtown Library 10 – 12:30 p.m.**	**26** **New Activity** ***Triominios 10:30 a.m.***	**27** **Group Counseling with Northwest Behavioral 10:30 a.m.**	**28** **Card Games 10:30 a.m.** **Monthly Birthday Celebration 12 p.m.**
31 **Outing: Rummikub Tournament at Leroy Clemons 9:15 a.m.**		**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Carvill Senior Center

1302 Carvill Avenue
Jacksonville, FL 32208
(904) 255-6650 | Specialist: Latasha McCray

Monday - Friday, 8am to 5pm



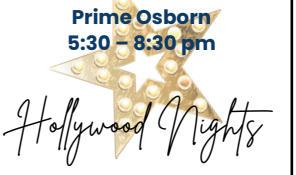
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/ Boardgames Puzzles/ Hidden Picture Walking /Card Group Current Events	Billiards/ Boardgames Puzzles/ Hidden Picture Walking /Card Group Current Events Bingo	Billiards/ Boardgames Puzzles/ Hidden Picture Walking /Card Group Current Events	Billiards/ Boardgames Puzzles/ Hidden Picture Walking /Card Group Bible Study /Current Events Bingo	Billiards/ Boardgames Puzzles/ Hidden Picture Walking /Card Group Current Events Bingo
3 Group Counseling w/ Northwest Behavioral 9 a.m. Outing: Farmer's Market 10:30 a.m.	4 Outing: Charlie Joseph 10 a.m.	5 Splash Bash Pool Party w/ Katia from American Care 11 a.m.	6 Site Council Meeting 9 a.m. Bingo 10 a.m. Bible Trivia 11 a.m.	7 Senior Prom Prime Osborn 5:30 – 8:30 pm Hollywood Nights
10 Movie & Margarita Monday (Senior's Choice) 10 a.m.	11 Bingo w/Charlie Joseph and J.S. Johnson 10 a.m.	12 Outing: Avenue's Mall 10:30 a.m. Aqua Aerobics at Carvill Pool 10 a.m.	13 Bible Trivia 9 a.m. Advisory Council Meeting at Mary Singleton 11 a.m.	14 Coffee and Conversation 9 a.m. Musical Bingo w/Erica from Archwell 10:30 a.m.
17 Movie (Senior's Choice) 10 a.m.	18 Bingo 10 a.m. Nutrition Education w/Sharon Musculoskeletal Inflammation 11 a.m.	19 Outing: Safe Harbor Seafood 10:30 a.m. Aqua Aerobics at Carvill Pool 10 a.m.	20 Bingo 10 a.m. Blood pressure and Glucose screenings w/Jennifer 11 a.m. Neighborhood Meeting 5 p.m.	21 Coffee and Conversation 9 a.m. Senior Companion Day 9:30 a.m. Outing: Aqua Aerobes at Blue Cypress 10 a.m.
24 Movie & Margarita Monday (Senior's Choice) 10 a.m.	25 Summer Movie Series Downtown Library 10 – 12:30 p.m.	26 Outing: Dollar Tree 10:30 a.m. Free Swim at Carvill Pool 10 a.m.	27 Bingo 10 a.m. Dave W/ Vystar Budget Boot Camp 11 a.m.	28 Coffee and Conversation 9 a.m. Free Swim at Carvill Pool 10 a.m.
31 Movie (Senior's Choice) 10 a.m.		Breakfast Served Daily at 8 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Charlie Joseph Senior Center

6943 Buffalo Avenue
Jacksonville, FL 32208
(904) 255-6822 | Specialist: Christine Raysor

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily Billiards and Word Puzzles	**BP Check** 8:30 a.m. **Trivia** 9:00 a.m. **Chair Exercise** 9:30 a.m. **Current Events** 9:45 a.m.	**Trivia** 9:00 a.m. **Chair Exercise** 9:30 a.m. **Current Events** 9:45 a.m.	**Trivia** 9:00 a.m. **Chair Exercise** 9:30 a.m. **Current Events** 9:45 a.m.	**Chair Exercise** 9:30 a.m.
3 **Bingo** **10 a.m.**	**4** **Inspirational Testimony** **w/Charles Samples** **8:30 a.m.** **Tia Chi** **w/Charles Macabasco** **9 a.m.** **Advisory Council** **Meeting 10 a.m.**	**5** **Vegetable** **Garden Donations** **8:30 – 9:30 a.m.** 	**6** **Outing:** **New World Food Mart** **9:30 a.m.**	**7** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm** 
10 **Bingo** **10 a.m.**	**11** **Outing: Carvill** **9:30 a.m.** **Inspirational Testimony** **w/Charles Samples** **9:15 a.m.**	**12** **Presentation:** **Pace Place** **w/Worley Richards** **11 a.m.**	**13** **Advisory Council** **Meeting** **at Mary Singleton** **11 a.m.**	**14** **Presentation:** **Florida Bar** **Business Law** **w/Angela Scott** **11 a.m.**
17	**18** **Inspirational Testimony** **w/Charles Samples** **9:15 a.m.** **Northwest Behavior** **w/Charles Timmons** **10 a.m.** **Dedicated Seniors** **w/Lakisha Ross** **11 a.m.**	**19** **Presentation:** **1st Forida Credit Union** **w/Keith Manze** **10 a.m.** **Nutrition Education** **w/Sharon** **Musculoskeletal** **Inflammation** **11 a.m.** **Center Closes at 1:30 p.m.**	**20** **Outing:** **Fresh Field Farm** **10 a.m.**	**21**
24 **Bingo 10 a.m.**	**25** **Inspirational Testimony** **w/Charles Samples** **9:15 a.m.** **Summer Movie Series** **Downtown Library** **10 – 12:30 p.m.** **Conviva Jason Stuart** **11 a.m.** 	**26** **Care Plus** **w/Cheryl Williams** **11 a.m.**	**27** **Outing:** **Wild Buffalo Wings** **10 a.m.**	**28** **August Birthday** **Celebration** **12 Noon** 
31 **Bingo 10 a.m.**		**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Frances Padgett Arlington Senior Center

1078 Rogero Road
Jacksonville, FL 32211
(904) 255-6733 | Specialist: Ila Hawkins-Riley

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 8:30 a.m. **Word Games** 9:30 a.m. **Morning Walk** 10 a.m. **Computer Class** 10:30 a.m. **Zumba** 10:30 a.m. **Bingo** 12 p.m.	**Blood Pressure** 9:30 a.m. **Historical Studies** 10 a.m. **Morning Walk** 10 a.m. **Current Events** 11 a.m. **Jazzco Line Dance** 12:30 p.m. **Square Dance** 7 p.m.	**Chair Yoga:** 8:30 a.m. **Trivia** 9:30 a.m. **Morning Walk** 10 a.m. **Zumba** 10:30 a.m. **Computer Class** 12 p.m. **Ballroom Dancing** 7 p.m.	**Blood Pressure** 9:30 a.m. **Historical Studies** 10 a.m. **Morning Walk** 10 a.m. **Current Events** 11 a.m. **Bingo** 12 p.m.	**Chair Yoga** 8:30 a.m. **Word Games** 9:30 a.m. **Current Events** 11 a.m. **Bingo** 12 p.m.
3 Outing: Aldi Grocery Store 10 a.m.	**4** Northwest Behavioral 9 a.m. Ms. Myrtle Diabetics and Medicare 10 a.m. Mahjong 12:30 p.m.	**5** Presentation: Diabetes Self Management 10 a.m. Outing: Aqua Aerobics at Blue Cypress 10 a.m. Council Meeting 10:30 a.m. Bunko 12 p.m.	**6** Nutrition Education w/Sharon Musculoskeletal Inflammation 10 a.m. Tai Chi w/Kenny G of the Doctors Center 11 a.m.	**7** Senior Prom Prime Osborn 5:30 – 8:30 pm Hollywood Nights
10 Outing: Winn Dixie 10 a.m.	**11** Crochet Class 9:30 a.m. Outing: Seafood Express 10 a.m. Mahjong 12:30 p.m.	**12** Presentation: AI w/Alie Hall of Pace Place 10 a.m. Outing: Aqua Aerobics at Blue Cypress 10 a.m.	**13** Painting with a Twist w/Care Plus 9 a.m. Pizza Party w/Lakisa of Dedicated Medical 11:30 a.m. Advisory Council Meeting at Mary Singleton 11 a.m.	**14** Outing: Aqua Aerobics at Blue Cypress 10 a.m. Spanish Class 10 a.m.
17 Participant Meeting 9 a.m. Outing: Wal-Mart 10 a.m.	**18** JSO Self Defense Class 10 a.m. Mahjong 12:30 p.m.	**19** Outing: Bridge the Gap 10 a.m. Bunko 12 p.m. Center Closes at 1:30 p.m.	**20** Silent Auction 10 a.m. 	**21** Outing: Aqua Aerobics at Blue Cypress Pool 10 a.m.
24 Morning Movie 9:30 a.m.	**25** Crochet Class 9:30 a.m. Summer Movie Series Downtown Library 10 – 12:30 p.m. Mahjong 12:30 p.m.	**26** Helping Hands w/Eric Jurenovich 10 a.m. Outing: Aqua Aerobics at Blue Cypress 10 a.m.	**27** Crochet 9:30 a.m. Outing: Olive Garden 11 a.m.	**28** Outing: Aqua Aerobics at Blue Cypress Pool 10 a.m. Spanish Class 10 a.m.
31 Wordle 10 a.m.			**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor	

Jim Fortuna Senior Center

11751 McCormick Road
Jacksonville, FL 32225

(904) 255-6844 | Specialist: Courtney Cowles

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American History 10am **Chinese Mahjong** 11:30am **Quilt & Sew** 12pm **Chair Volleyball & Free Play** 12:30 -2pm **Bible Study** 1pm **Senior Fitness** 3pm	**Tai Chi** 8:30am (V) **Pinochle** 8:30am **Fun Bridge** 9am **Movie** 12:45pm **Line Dance** 1pm **Stretching** 3pm	**Cookie Bridge** 9:30am **Pinochle** 10am **Trivia** 11am **Crochet & Knitting** 12pm **Team Volleyball Practice** 12pm **Mahjong** 12pm **Line Dance** 1pm **Chair Volleyball** 1:30pm	**Wood Carving** 8am **Pinochle** 9am **Ladies Canasta** 9:30am **Drumming Cardio** 10:30am (V) **Bridge Too Far** 10:30am **Line Dancing** 1pm **Ballroom Dance** 2pm **Senior Fitness** 3pm	**Chair Exercise** 8:30am (V) **Ladies Canasta** 9am **Chinese Folk Dancing** 9:30am **Aerobics Class** 11am (V) **Chess** 11:30am **Chinese Mahjong** 12pm **Table Tennis** 12pm **Chair Volleyball** 1:10pm
3 **Food Fight Month Starts!** **Men's Morning Coffee Group 10 a.m.**	**4** **Canasta Gals 11 a.m.** **Presentation and Bingo w/Worley of Pace Place 11 a.m.**	**5** **Spanish Class 10 a.m.** **Mexican Bingo 11 a.m.** **Chair Volleyball Clinic w/Nelson of Careplus 12-1 p.m.**	**6** **Cool Chic's Bridge 1 p.m.** **Outing: Ross 10 a.m.**	**7** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm** *Hollywood Nights* **Fitness w/Linton of Careplus 10 a.m.**
10 **Men's Morning Coffee Group 10 a.m.**	**11** **Outing:** **Miller's Ale House** **12 p.m. *No Bus*** **Must Sign Up**	**12** **Site Council Meeting 9 a.m.** **Outing: Bridge the Gap 9:30 a.m.** **Cool Chic's Bridge 1 p.m.**	**13** **Advisory Council Meeting at Mary Singleton 11 a.m.** **Tai Chi w/Charles of Conviva 11:30 a.m.**	**14** **Game Day! Corn Hole and Assorted Fun Games 11 a.m.** **"Cake Picnic" Fundraiser $2 a Slice 11 a.m.**
17 **Men's Morning Coffee Group 10 a.m.**	**18** **Canasta Gals 11 a.m.** **Veterans Card Making w/Kristy of Community Hospice 11 a.m.** **Members Meeting 12:30 p.m.**	**19** **Wacky Wednesday Meal: Summer Salads 11:30 a.m. $$** **Spanish Class 10 a.m.** **Mexican Bingo 11 a.m.**	**20** **Bingo Bash 11:15 a.m. - 12:15 p.m.**	**21** **Fitness w/Linton of Care Plus 10 a.m.**
24 **Men's Morning Coffee Group 10 a.m.** **Northwest Behavioral Health Group Session w/Charles 10 a.m.**	**25** **Summer Movie Series** **Downtown Library** **10 – 12:30 p.m.** **Hurricane Preparedness & Kits w/ Melanie of Archwell 11 a.m.**	**26** **Spanish Class 10 a.m.** **Mexican Bingo 11 a.m.** **Chair Volleyball Clinic w/Nelson of Careplus 12-1 p.m.** **Cool Chic's Bridge 1 p.m.**	**27** **Nutrition Education w/Sharon Musculoskeletal Inflammation 11:30 a.m.**	**28** **Marathon Bridge 11 a.m.** **Birthday Celebration 12 p.m.**
31 **Men's Morning Coffee 10 a.m.** **Outing: Pine Forest Rummikub Tournament 9:30 a.m.**	**Food Fight Month** Donate shelf stable goods for Arlington Community Services all month long.	**Breakfast Served Daily at 9 a.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

JS Johnson Senior Center

1112 Jackson Street
Jacksonville, FL 32204
(904) 255-6755 | Specialist: Reginald Lucas

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Word Puzzles, Reading Cards, Checkers **Billiards and Musical Groove Group** 12:30 - 4:30 p.m.	**Word Puzzles, Reading Cards, Checkers** **Billiards and Musical Groove Group** 12:30 - 4:30 p.m.	**Word Puzzles, Reading Cards, Checkers** **Billiards and Musical Groove Group** 12:30 - 4:30 p.m.	**Word Puzzles, Reading Cards, Checkers** **Billiards and Musical Groove Group** 12:30 - 4:30 p.m.	**Word Puzzles, Reading Cards, Checkers** **Billiards and Musical Groove Group** 12:30 - 4:30 p.m.
3 **Bridge Walking/Coach** **10 a.m.**	**4** **Facebook Live Billiard Tournament** **10 a.m.** 	**5** **Northwest Behavioral Health** **10 a.m.**	**6** **Chair Exercise/w Coach** **10 a.m.** **Chair Volleyball** **11:30 a.m.**	**7** **Super Breakfast** **RSVP by 8/5/26** **Nutrition Education w/Sharon Musculoskeletal Inflammation** **10 a.m.**
10 **Bridge Walking w/Coach 10 a.m.**	**11** **Outing: Carvill Super BINGO** **10:30 a.m.**	**12** **Outing: Bridge the GAP** **10 a.m.**	**13** **Chair Exercise w/Coach 10 a.m.** **Advisory Council Meeting at Mary Singleton** **11 a.m.**	**14** **Grill Cheese Breakfast** **RSVP by 8/12/26** 
17 **Bible Study 10:30 a.m.** **Bridge Walking w/Coach 10 a.m.**	**18** **Movie: TBA** **10:30a.m.**	**19** **Outing: Aqua Aerobics at Carvill** **10 a.m.** 	**20** **Facebook Live Billiard Tournament** **10 a.m.** **Chair Volleyball** **11:30 a.m.**	**21** **Chair Volleyball** **11:30 a.m.** **Fish and Chips 1:30 p.m.** **RSVP by 8/18/2026**
24 **Bridge Walking w/Coach** **10 a.m.**	**25** **Facebook Live Billiard Tournament** **10:00 a.m.** **Summer Movie Series Downtown Library** **10 – 12:30 p.m.** 	**26** **Outing: Free Swim at Carvill** **10 a.m.** 	**27** **Chair Volleyball** **11:30 a.m.** **Soul Food Thursday** **1:30 p.m.** **RSVP by 8/20/2026**	**28** **Outing: Free Swim at Carvill** **10 a.m.**
31 **Bridge Walking w/Coach 10 a.m.**	**Senior Prom Friday 8/7** **Prime Osborn** **5:30 – 8:30 p.m.** 	**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Lane Wiley Senior Center

6710 Wiley Road
Jacksonville, FL 32210
(904) 255-6644 | Specialist: Chanel Stewart

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bingo 10 a.m. **Gardening Group** 10 a.m. **Chair Exercise** 11 a.m.	**Cards** 10 a.m. **Walking Group** 11 a.m. **Chair Volleyball** 11 a.m.	**Gardening Group** 10 a.m. **Chair Exercise** 11 a.m.	**Cards** 10 a.m. **Bible Class** 11 a.m. **Walking Group** 11 a.m. **Chair Volleyball** 11 a.m.	**Bingo** 10 a.m. **Exercise** 10 a.m. **Chair Exercise** 11 a.m.
3 Outing: Walmart 10 a.m. *Spirit Week* Wear Blue Lane Wiley Appreciation Day	**4** Hearing Screening & Canned Goods Giveaway w/Devoted and Innovacare 11 a.m. *Spirit Week* Twin Day	**5** Outing: Aqua Aerobics at Carvill 10 a.m. Political Candidate City Council At-Large Group 1 Mone' Holder 11 a.m. *Spirit Week* Wild West Day	**6** Game Day 10 a.m. *Spirit Week* Wear your Favorite Sports Team Jersey	**7** Northwest Behavioral Health 9 a.m. Senior Prom Prime Osborn 5:30 – 8:30 pm Hollywood Nights
10 Site Council Meeting 10:30 a.m. Nutrition Education w/Sharon Musculoskeletal Inflammation 11 a.m.	**11** "National Thrift Shop Day" Outing: City Thrift 10:30 a.m. Crochet w/ Ben 10 a.m.- 12 p.m.	**12** Outing: Aqua Aerobics at Carvill 10 a.m.	**13** Advisory Council Meeting at Mary Singleton 11 a.m. Crochet w/Ben 10 a.m.- 12 p.m.	**14** Outing: Aqua Aerobics at Blue Cypress 10 a.m.
17 Karaoke Party w/Will 11 a.m. - 1 p.m.	**18** Family Feud 10 a.m. Crochet w/ Ben 10 a.m.- 12 p.m.	**19** Outing: JEA Day 10 a.m.	**20** Outing: Talent Show at Mary Singleton 10 a.m. Crochet w/ Ben 10 a.m.- 12 p.m.	**21** Feeding Northeast Florida Food Demo and Nutrition Presentation w/Maria 10 a.m. Outing :Aqua Aerobics at Blue Cypress 10 a.m.
24 Line Dance w/Eddie 11 a.m. Healthy Living Presentation w/Cheryl Williams of Care Plus 11 a.m.	**25** Summer Movie Series Downtown Library 10 – 12:30 p.m.	**26** Outing: Aqua Aerobics at Blue Cypress 10 a.m.	**27** Hygiene Product Giveaway w/Devoted and American Care 11 a.m. Spotlight On Senior of the Month 12 p.m.	**28** Outing: Aqua Aerobics at Blue Cypress 10 a.m. Birthday Celebration 12 p.m. July and August
31 Outing: Bargain Racks 10 a.m.	Throwback Thursday Social on Thursday 7/27 5 p.m. - 8 p.m. "All White Party"	Breakfast Served Daily at 9 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Leroy Clemons Senior Center

55 North Jackson Avenue
Jacksonville, FL 32220

(904) 255-6737 | Specialist: Holly Eastman

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jigsaw Puzzle 8:30 a.m. **Gardening** 9 a.m. **Trivia** 10 a.m. **Wellness Walk** 10:30 a.m. **Tai Chi (V)** 12:30 p.m.	**Jigsaw Puzzle** 8:30 a.m. **Gardening** 9 a.m. **Wellness Walk** 10:30 a.m. **Chair Volleyball** 11 a.m. **Lunch Movie** 12 p.m.	**Jigsaw Puzzle** 8:30 a.m. **Gardening** 9 a.m. **Journaling** 10 a.m. **Wellness Walk** 10:30 a.m. **Tai Chi (V)** 11 a.m.	**Jigsaw Puzzle** 8:30 a.m. **Gardening** 9 a.m. **Wellness Walk** 10:30 a.m. **After Lunch Stroll** 12:30 p.m.	**Jigsaw Puzzle** 8:30 a.m. **Gardening** 9 a.m. **Bingo** 10 a.m. **Wellness Walk** 10:30 a.m. **Chair Volleyball** 11 a.m. **After Lunch Stretch** 12:15 p.m.
3	**4** **Outing: Walmart** **10 a.m.**	**5** **Summer Craft Day** **Birdhouse Making** **10:30 a.m.**	**6** **Gardening Class** **w/Tony** **9:30 a.m.** **History w/Tony** **10 a.m.**	**7** **Archwell Bingo** **w/James 11 a.m.** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm**
10 **Fun Day** **Games & Ice Cream** **10:30 a.m.**	**11** **Outing: Panda Express** **11 a.m.**	**12** **Tai Chi** **w/Charles of Conviva** **10:30 a.m.**	**13** **Veteran Card Making** **w/Kristi** **10:30 a.m.** **Advisory** **Council Meeting** **at Mary Singleton** **11 a.m.**	**14** **Chair Volleyball Clinic** **w/Nelson of Careplus** **11 a.m.**
17 **Craft Activity** **w/Ms. Christine** **9:30 a.m.** **NW Behavior w/Charles** **10 a.m**	**18** **CLOSED FOR** **EARLY VOTING**	**19** **Outing:** **Bridge the Gap** ***Bring Tote** **Insulated Bag*** **9:30 a.m.** **Center Closes** **at 1:30 p.m.**	**20** **Gardening Class** **w/Tony** **9:30 a.m.** **History w/Tony** **10 a.m.**	**21** **Nutrition Education** **w/Sharon** **Musculoskeletal** **Inflammation** **11 a.m.**
24 **Fitness w/Linton** **11 a.m.**	**25** **Summer Movie Series** **Downtown Library** **10 – 12:30 p.m.**	**26** **Line Dancing** **w/Kenny** **of The Doctors Center** **10:30 a.m.**	**27** **Outing:** **Beaver St.** **Farmers Market** **10 a.m.**	**28** **Outing: Aqua Aerobics** **at Cavill** **9:45 a.m.**
31 **Rummikube** **Tournament** **w/Pine Forest** **10am - 2pm**		**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Lincoln Villa Senior Center

7866 New Kings Road
Jacksonville, FL 32219
(904) 255-6811 | Specialist: Tonya Martin

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise 9:30am **Current Events** 11:00am **Trivia** 11:15am	**Chair Exercise** 9:30am **Current Events** 11:00am **Trivia** 11:15am	**Chair Exercise** 9:30am **Current Events** 11:00am **Trivia** 11:15am	**Chair Exercise** 9:30am **Current Events** 11:00am **Trivia** 11:15am	**Chair Exercise** 9:30am **Current Events** 11:00am **Trivia** 11:15am
3 Advisory Council Shopping/Bank 10 a.m.	**4** Participant Meeting 10 a.m. Bingo 11 a.m.	**5** Bible Study 10 a.m.	**6** Presentation: Senior Smart Workshop w/Angela Scott Part 1 10 a.m. Outing: Batts Family Fun Center 10 a.m.	**7** Presentation: Household Cleaning & Prizes w/Taylor 11 a.m. Senior Prom Prime Osborn 5:30 – 8:30 pm Hollywood Nights
10 Advisory Council Meeting 10 a.m.	**11** Northwest Behavior Health w/Charles 10 a.m. Presentation: A.I., Smart Phones & Fraud w/Worley Richards 10:30 a.m.	**12** Outing: Day in the Park Picnic 10 a.m. 	**13** Presentation: Senior Smart Workshop w/Angela Scott Part 2 10 a.m. Advisory Council Meeting at Mary Singleton 11 a.m.	**14** Bingo 10 a.m.
17 Advisory Council Shopping/Bank 10 a.m.	**18** Music Bingo Lakisa Ross of Dedicated 11 a.m. 	**19** Outing: Seafood Express 10:45 a.m. Bible Study 10 a.m. Bingo 11 a.m.	**20** Presentation: Food Demo and Nutrition w/Maria Aristizabal 10:30 a.m.	**21** Presentation: Healthy Living w/Cheryl Willams of CarePlus 10:30 a.m. Bingo 11 a.m.
24 Outing: Walmart 10 a.m.	**25** Summer Movie Series Downtown Library 10 – 12:30 p.m. 	**26** Nutrition Education w/Sharon Musculoskeletal Inflammation 11 a.m. Bible Study 10 a.m.	**27** Tai-Chi w/Charles 10 a.m. Bingo 11 a.m.	**28** Birthday Celebration w/Cheryl Willams of Care Plus 12 p.m. 
31 Game Day 10 a.m.				

Breakfast Served Daily at 9 a.m.
Lunch Served Daily at 12:00 p.m.
*Must Sign Up for Meals
**Activities Subject to Change
(V)=Video (I)= Instructor

Mandarin Senior Center

3848 Hartley Road,
Jacksonville, FL 32257
(904) 255-6750 | Specialist: David Wunder & Joanna Ching

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Walk 9am **Bible Study** 10am **Billiards** 10am **Tai Chi - Sifu Hector** 10am **Ceramics** 10:30am **Chair Volleyball** 11am **Mahjong** 1:30pm **Beg. Line Dance** 1:30pm **Adv. Line Dance** 2:30pm	**Morning Walk** 9 a.m. **Wood Carving** 9 a.m. **BINGO** 10 a.m. **Lunchtime Karaoke** 12:45 p.m. **Euchre** 1 p.m. **Pencil Sketching** 1-3 p.m.	**Morning Walk** 9am **Billiards** 10am **Chair Exercise** 10am **Adv. Clay Sculpting** 10am **Knitting Group** 10am **Beg. Clay Sculpting** 10am **Chair Volleyball** 11am **Single Pinochle** 1pm **Mahjong** 1:30pm	**Morning Walk** 9 a.m. **Beginner Ceramics** 10 a.m. **BINGO** 10 a.m. **Chair Yoga** 10:30 a.m. **Advanced Ceramics** 1 p.m. **Beginner Line Dance** 1:30 p.m. **Advanced Line Dance** 2:30 p.m.	**Morning Walk** 9am **Billiards** 10am **Chair Exercise** 10am **Knitting Group** 10am **Chair Volleyball** 11am **Single Pinochle** 1pm
3 **Outing: Aqua Aerobics at Blue Cypress Pool 10 a.m.**	**4** **Progressing from Pencil Sketching to Watercolor w/Yana Choice of Human Figures, Animals or Sceneries (Background music: Andre Rieu in Concerts) 1-3 p.m.**	**5** **Outing Walmart 10 a.m.** **Chair Yoga 11 a.m.** ***NO CHAIR VOLLEYBALL**	**6** **Dance Rehearsal for Performances Everyone Welcome 12:30 p.m.**	**7** ***NO KIM"S CHAIR DANCE** **Weekly Diamond Art w/Bambi 10 a.m.** **Chair Volleyball at Brookdale 11 a.m. (Self-transport)** **Senior Prom Prime Osborn 5:30 – 8:30**
10 **Mandarin Site Council Meeting 10 a.m.** **Northwest Behavioral Health w/Charles 10: 45 a.m.**	**11** **Show: Vintage Players 10:30 a.m.** ***NO WOOD CARVING OR BINGO TODAY.**	**12** **Outing: Chair Volleyball at Mary Singleton 10:15 a.m.** **Chair Yoga 11 a.m.** ***NO CHAIR VOLLEYBALL**	**13** **Mandarin Participants Meeting 9:30 a.m.** **Advisory Council Meeting at Mary Singleton 11 a.m.**	**14** **Luau Party 10 a.m.** **Musical BINGO and More** **Every Second Friday of the Month** **Floor Yoga w/Clara 3:30 – 4:30 p.m. (BYO Mat)**
17 **Nutrition Education w/Sharon Musculoskeletal Inflammation 11 a.m.**	**18** **Outing: Angel Aid Thrift Store 10 a.m.**	**19** **Presentation: Fall Prevention w/Devoted 10:30 a.m.** **Chair Yoga 11 a.m.** ***NO CHAIR VOLLEYBALL**	**20** **Dance Rehearsal for Performances Everyone Welcome 12:30 p.m.**	**21** **Outing: Aqua Aerobics at Blue Cypress Pool 10 a.m.**
24 **Outing: Soul Food Bistro 10:30 a.m.**	**25** **Summer Movie Series Downtown Library 10 – 12:30 p.m.**	**26** **Outing: Bridge the Gap 10 a.m.**	**27** **Dance Rehearsal for Performances Everyone Welcome 12:30 p.m**	**28** **August Birthday Celebration 11 a.m.**
31 **Outing: Publix, Dollar Tree, & Burlington 10 a.m.**		**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Mary L. Singleton Senior Center

150 East 1st Street
Jacksonville, FL 32206
(904) 255-6666 | Specialist: Timothy Smith & Patricia Lanier

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking 8:30am **Billiards Grp** 8:30-11:30am **Ceramics Grp.** 9-11:30am **BINGO** 10am **Bible Study** 10am **Line Dancing** 10am **Drop in Ceramics** 1pm **Line Dancing** 1pm **Sewing Group** 1pm	**Walking** 8:30am **Billiards Grp** 8:30-11:30am **Ceramics Grp.** 9-11:30am **Art Class** 9:30am **Trivia** 9:30am **Chair Volleyball** 10am **Bingo** 1pm **Drop in Ceramics** 1pm	**Walking** 8:30am **Billiards Grp** 8:30-11:30am **Ceramics Grp.** 9-11:30am **BINGO** 10am **Bible Study** 10am **Line Dancing** 10am **Drop in Ceramics** 1pm **Line Dancing** 1pm **Sewing Class** 1pm	**Walking** 8:30am **Billiards Grp** 8:30-11:30am **Ceramics Grp.** 9-11:30am **Trivia** 9:30am **Art Class** 9:30am **Chair Volleyball** 10:00am **Drop in Ceramics** 1pm **Bingo** 1pm **Games & Dancing** 5pm	**Walking** 8:30am **Billiards Grp** 8:30-11:30am **Ceramics Grp.** 9-11:30am **Movie** 9:30am **BINGO** 10am **Drop in Ceramics** 1pm **Afternoon Movie** 2pm
3 **Site Council Meeting** **10 a.m. - 12 p.m.** **Outing: Wal-Mart** **10 a.m.**	**4** **Presentation w/Peyton of Archwell** **10 a.m.**	**5** **Outing: Annie Rue's** **11 a.m.**	**6** **Outing: Jax Beach** **10 a.m.**	**7** **Senior Prom** **Prime Osborn** **5:30 – 8:30 p.m.** Hollywood Nights
10 **Blood Pressure Check** **9:30 a.m.**	**11** **Presentation w/Dawn of CarePlus** **10 a.m.**	**12** **Outing: Bridge The Gap** **9:30 a.m.** **Chair Volleyball w/Mandarin 11 a.m.**	**13** **Advisory Council Meeting** **11 a.m.**	**14** **Outing: Aqua Aerobics at Blue Cypress** **10 a.m.**
17 **Outing: Sam's Club** **10 a.m.**	**18** **Health and Wellness w/Denice of Dedicated Senior Medical Center** **10 a.m.**	**19** **Outing: Aqua Aerobics at Carville** **10 a.m.** **Ice Cream Social** **11:30 a.m.**	**20** **Karaoke /Talent Show** **10 a.m.**	**21** **Outing: Aqua Aerobics at Blue Cypress** **10 a.m.**
24 **Blood Pressure Check** **9:30 a.m.** **Outing: Thrift Town** **10 a.m.**	**25** **Summer Movie Series Downtown Library** **10 – 12:30 p.m.**	**26** **Outing: Aqua Aerobics at Blue Cypress** **10 a.m.** **Fun Day** **11 a.m.**	**27** **Nutrition Education w/Sharon Musculoskeletal Inflammation** **10 a.m.**	**28** **Outing: Aqua Aerobics at Blue Cypress** **10 a.m.** **Birthday Celebration** **11 a.m.**
31 **Presentation: Health and Welfare w/CRC** **11 a.m.**		**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Maxville Senior Center

18065 Pennsylvania Avenue
Jacksonville, FL 32234
(904) 255-6740 | Specialist: Charles Webster

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercises 9 a.m. **Coffee/Current Events** 10 a.m.	**Chair Exercises** 9 a.m. **Coffee/Current Events** 10 a.m. **Chair Volleyball** 1 p.m.	**Chair Exercises** 9 a.m. **Coffee/Current Events** 10 a.m. **Bingo** 11 a.m. **Genealogy for Seniors** 1 p.m.	**Chair Exercises** 9 a.m. **Coffee/Current Events** 10 a.m. **Chair Volleyball** 11 a.m.	**Chair Exercises** 9 a.m. **Coffee/Current Events** 10 a.m. **Group Discussion** 1 p.m.
3 **Shuffleboard** **Chair Exercises 9 a.m.**	**4** **Coffee/Current Events** **10 a.m.** **Chair Volleyball 1 p.m.**	**5** **Shuffleboard** **Coffee/Current Events** **10 a.m.** **Genealogy for Seniors** **1 p.m.**	**6** **Pool Table** **Chair Exercises 9 a.m.**	**7** **Nutrition Education** **w/Sharon** **Musculoskeletal** **Inflammation 11:30 a.m.** **Senior Prom** **Prime Osborn** **5:30 – 8:30**
10 **Shuffleboard** **Coffee/Current Events** **10 a.m.**	**11** **Shuffleboard** **Chair Exercises 9 a.m.**	**12** **Bingo 11 a.m.** **Genealogy for Seniors** **1 p.m.**	**13** **Pool Table** **Coffee/Current Events** **10 a.m.**	**14** **Pool Table** **Chair Exercises 9 a.m.**
17 **Shuffleboard** **Chair Exercises 9 a.m.**	**18** **Coffee/Current Events** **10 a.m.** **Chair Volleyball 1 p.m.**	**19** **Bingo 11 a.m.** **Center Closes** **at 1:30 p.m.**	**20** **Shuffleboard** **Chair Exercises 9 a.m.**	**21** **Pool Table** **Coffee/Current Events** **10 a.m.**
24 **Shuffleboard** **Coffee/Current Events** **10 a.m.**	**25** **Chair Exercises 9 a.m.** **Summer Movie Series** **Downtown Library** **10 – 12:30 p.m.**	**26** **Coffee/Current Events** **10 a.m.** **CANCELLED** **Genealogy for Seniors** **1 p.m.**	**27** **Pool Table** **Chair Exercises 9 a.m.**	**28** **Shuffleboard** **Chair Exercises 9 a.m.** **Coffee/Current Events** **10 a.m.**
31 **Shuffleboard** **Chair Exercises 9 a.m.**		**Meals are not served** **at this center at this time.**		

Oceanway Senior Center

12215 West Sago Avenue
Jacksonville, FL 32218
(904) 255-6855 | Specialist: Donna Sizemore

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bingo 9:15 am **Jigsaw/Word Puzzles** **Board/Card Games** **Adult Coloring** **Billiards** **Walking**	**Bingo** 9:15 am **Jigsaw/Word Puzzles** **Board/Card Games** **Adult Coloring** **Billiards** **Walking**	**Bible Study** 10 am **Jigsaw/Word Puzzles** **Board/Card Games** **Adult Coloring** **Billiards** **Walking**	**Bingo** 9:15 am **Jigsaw/Word Puzzles** **Board/Card Games** **Adult Coloring** **Billiards** **Walking**	**Bingo** 9:15 am **Jigsaw/Word Puzzles** **Board/Card Games** **Adult Coloring** **Billiards** **Walking**
3 **Outing: Aqua Aerobics** **Blue Cypress Pool** **9:15 a.m.** **Feeding** **Northeast Florida** **Healthy Food Demo and** **Education 10:30 a.m.**	**4** **Chair Exercise** **9:30 a.m.** **Site Council Meeting** **10:30 a.m.**	**5** **Free Bingo** **w/Worley** **of Pace Place** **9:30 a.m.** **Bible Study 10 a.m.** **Line Dance 11 a.m.**	**6** **Outing: Rowe's IGA** **10:30 a.m.** **Participants Meeting** **12 p.m.**	**7** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm** Hollywood Nights
10 **Free Bingo** **w/Rob of** **Bradshaw Insurance** **10:30 a.m.**	**11** **Seniors on a Mission** **Cell Phone 101** **Sign Up for Appointment** **Outing: Goodwill** **10:30 a.m.**	**12** **Outing: Bridge the Gap** **9:15 a.m.** **Bible Study 10 a.m.** **Line Dance 11 a.m.**	**13** **Brain Games 10 a.m.** **Outing:** **Advisory Meeting** **at Mary Singleton** **11 a.m.**	**14** **Outing:** **Aqua Aerobics** **Blue Cypress Pool** **9:15 a.m.**
17 **Movie (TBD)** **10:30 a.m.**	**18** **Outing: Golden Corral** **10:30 a.m.**	**19** **Chair Exercise 9:30 a.m.** **Outing: JEA Senior Day** **9:30 a.m.** **Bible Study 10 a.m.** **Line Dance 11 a.m.**	**20** **Fresh Produce Market** **w/Taylor and Peyton** **of ArchWell** **10:30 a.m.**	**21** **Outing: Aqua Aerobics** **Blue Cypress Pool** **9:15 a.m.** **Site Council Raffle** **12 p.m.**
24 **Nutrition Education** **w/Sharon** **Musculoskeletal** **Inflammation** **11 a.m.** **Free Bingo w/Liz Rosario** **of Devoted Health Care** **12:30 p.m.**	**25** **Summer Movie Series** **Downtown Library** **10 – 12:30 p.m.**	**26** **Outing: Aldi's** **10:30 a.m.** **Bible Study 10 a.m.** **Line Dance 11 a.m.**	**27** **Presentation:** **Senior Smart Scam** **and Financial Fraud** **w/Angela Scott** **of Florida Bar** **10:30 a.m.** **Special Guest** **Pine Forest Sr. Center**	**28** **Outing: Aqua Aerobics** **Blue Cypress** **9:15 a.m.** **Northwest Behavioral** **Group w/Katura** **10:30 a.m.** **Birthday Celebrations** **11:30 a.m.**
31 **Outing: Rummikub** **Competition at Leroy** **Clemmons 10 a.m.**	***Donations Needed** **Gently Used Clothing** **for Clothing Swap** **and Flea Market**	**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Pine Forest Senior Center

4035 Grant Road
Jacksonville, FL 32207

(904) 255-6230 | Specialist: Heidi Ford

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cards **Table Games** **Chair Volleyball** **Loom Hat weaving** 10:00 a.m.	**Cards** **Table Games** **Chair Volleyball** **Loom Hat weaving** 10:00 a.m.	**Walking Club** 9 a.m. **Cards** **Table Games** **Chair Volleyball** **Loom Hat weaving** 10:00 a.m.	**Cards** **Table Games** **Chair Volleyball** **Loom Hat weaving** 10:00 a.m.	**Walking Club** 9am **Cards** **Table Games** **Chair Volleyball** **Loom Hat weaving** 10:00 a.m.
3 **Historical Religious Studies 10 a.m.**	**4** **Arthritis Foundation Exercise Program 10 a.m.**	**5** **Outing: Aqua Aerobics at Blue Cypress Pool 10 a.m.** **Line Dancing 5:00 p.m.- 6:30 p.m.**	**6** **Arthritis Foundation Exercise Program 10 a.m.**	**7** **Outing: Walmart 10 a.m.** **Pool Party 10:00 - 12:00** **Senior Prom Prime Osborn 5:30 – 8:30**
10 **Historical Religious Studies 10 a.m.**	**11** **Arthritis Foundation Exercise Program 10 a.m.**	**12** **Outing: Bridge the Gap 9:30 a.m.** **Line Dancing 5:00 p.m.- 6:30 p.m.**	**13** **Arthritis Foundation Exercise Program 10 a.m.** **Advisory Meeting at Mary Singleton 11 a.m.** **Vision is Priceless Vision Screening 1:00 p.m.**	**14** **Outing: Carvill Pool Water Aerobics 10 a.m.** **Nutrition Education w/Sharon Musculoskeletal Inflammation 11 a.m.**
17 **Historical Religious Studies 10 a.m.** **Medicare and More w/SHINE 11 a.m.** **Guys Day Out Fundraiser 12 p.m.**	**18** **Arthritis Foundation Exercise Program 10 a.m.** **Outing: Publix 10:30 a.m.**	**19** **Outing: Aqua Aerobics at Blue Cypress 10 a.m.** **Bingo w/Devoted 11 a.m.** **Center Closes at 2 p.m.** **Line Dancing 5:00 p.m.- 6:30 p.m.**	**20** **Arthritis Foundation Exercise Program 10 a.m.** **Northwest Behavioral Health 12:30 a.m.**	**21** **Site Council Meeting 10 a.m.** **Outing: Aqua Aerobics at Blue Cypress 10 a.m.** **Trivia w/Devoted 11 a.m.**
24 **Historical Religious Studies 10 a.m.** **Card Making w/Hospice 11:00 a.m.**	**25** **Arthritis Foundation Exercise Program 10 a.m.** **Summer Movie Series Downtown Library 10 – 12:30 p.m.**	**26** **Outing: Aqua Aerobics at Blue Cypress 10 a.m.** **Line Dancing 5:00 p.m.- 6:30 p.m.**	**27** **Arthritis Foundation Exercise Program 10 a.m.** **Outing: Senior Smart w/Florida Bar at Oceanway 10:30 a.m.**	**28** **Outing: Aqua Aerobics at Blue Cypress 10 a.m.** **Ice Cream Social w/The Doctors Center 12:00 p.m.** **August Birthday Celebration 11 a.m.**
31 **Outing: Rummikub at Leroy Clemmons 10 a.m.**	**Center Closed Monday, August 31st 10 -2:30 p.m.**	**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Riverview Senior Center

9620 Water Street
Jacksonville, FL 32208
(904) 255-6794 | Superintendent: Terica Fullwood

Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arts & Crafts **Puzzles / Trivia** **Cards / Pool** **Nutrition Education** **Line Dance** 6-10pm	**Arts & Crafts** **Puzzles / Trivia** **Cards / Pool** **Nutrition Education**	**Arts & Crafts** **Puzzles / Trivia** **Cards / Pool** **Nutrition Education**	**Arts & Crafts** **Puzzles / Trivia** **Cards / Pool** **Nutrition Education** **Neighborhood Watch Meeting (1st Thu)** 6-7pm	**Arts & Crafts** **Puzzles /Trivia** **Cards / Pool** **Nutrition Education** **Line Dance (2nd Fri)** 6 -10 pm
3 **Coffee & Conversation: Building Friendships** **10 a.m.**	**4** **Site Council Meeting** **10:30 a.m.** **Healthy Food Demo w/Feeding NE Florida** **11 a.m.**	**5** **Participants' Meeting** **10 a.m.** **Outing: Pool Party at Carvill** **11 a.m.**	**6** **Nutrition Education w/Sharon Musculoskeletal Inflammation** **11:30 a.m.**	**7** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm** Hollywood Nights
10 **Coffee & Conversation Staying Healthy** **10 a.m.**	**11** **Painting With a Twist w/Archwell Health** **10:30 a.m.**	**12** **Line Dance w/Wesjam** **11 a.m.**	**13** **Northwest Behavioral Health w/Charles** **9 a.m.** **Advisory Meeting at Mary Singleton** **11 a.m.**	**14** **Chair Line Dance w/The Doctors Center** **10:30 a.m.**
17 **Coffee & Conversation Celebrating Our Life Stories** **10 a.m.**	**18** **Outing: Publix** **10:30 a.m.**	**19** **Outing: Bridge the Gap** **10 a.m.** **CENTER CLOSES** **1:30 P.M.**	**20** **Outing: Walmart** **10:30 a.m.**	**21** **Karaoke w/Will Karaoke Entertainment** **10:00 a.m. - 12:00 p.m.**
24 **Coffee & Conversation Sharing an Eventful Moment** **10 a.m.**	**25** **Summer Movie Series Downtown Library** **10 – 12:30 p.m.**	**26** **Line Dance w/Wesjam** **11 a.m.**	**27** **Outing: Name That Tune Showdown Trivia at Southside** **10:30 a.m.**	**28** **Outing: Aqua Aerobics at Blue Cypress** **10 a.m.**
31 **August Birthday Celebration Sponsored by CarePlus** **12:30 p.m.**	**Stuff the Box** **Back-to-School Drive** **8/3-8/7**	**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

Southside Senior Center

10080 Beach Boulevard
Jacksonville, FL 32246
(904) 255-6940 | Specialist: Tomeraine Pierre & Addisaia Reynolds
Monday - Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking for Health 8 a.m. **Canasta** 8:30 a.m. **Bingo** 11 a.m. **Chair Exercise (V)** 9 a.m. & 1 p.m. **Knitting/Crocheting** 1 p.m.	**Walking for Health** 8 a.m. **Chair Exercise (V)** 9 a.m. & 1 p.m. **Mahjong** 1 p.m. **Rummikub/Dominoes** 1 p.m.	**Walking for Health** 8 a.m. **Chair Exercise (V)** 9 a.m. & 1 p.m. **Open Art Studio** 9 a.m. **Ukulele/Singalong** 11 a.m. **Urban Ballroom Dance** 6 p.m.	**Walking for Health** 8 a.m. **Canasta** 8:30 a.m. **Card Games** 8:30 a.m. **Chair Exercise (V)** 9 a.m. & 1 p.m. **Loteria Spanish Bingo** 10 a.m.	**Walking for Health** 8 a.m. **Chair Exercise (V)** 9 a.m. & 1 p.m. **Bible Study** 10 a.m. **Tai Chi w/Kathleen** 10 a.m. **Bingo 11 a.m.** **Rummikub/Dominoes** 1 p.m.
3 **CLOSED FOR EARLY VOTING** **Outing: Aqua Aerobics at Blue Cypress Pool** **10 a.m.** **Leaving from Frances Padgett**	**4** **CLOSED FOR EARLY VOTING**	**5** **CLOSED FOR EARLY VOTING** **Outing: Hope's Closet** **10:30 a.m.** **Leaving from Frances Padgett**	**6** **CLOSED FOR EARLY VOTING**	**7** **CLOSED FOR EARLY VOTING** **Senior Prom** **Prime Osborn** **5:30 – 8:30 pm** Hollywood Nights
10 **CLOSED FOR EARLY VOTING**	**11** **CLOSED FOR EARLY VOTING**	**12** **CLOSED FOR EARLY VOTING**	**13** **CLOSED FOR EARLY VOTING**	**14** **CLOSED FOR EARLY VOTING**
17 **CLOSED FOR EARLY VOTING**	**18** **CLOSED FOR EARLY VOTING**	**19** **Outing: Walmart Supercenter** **10:30 a.m.** **CENTER CLOSES 1:30 P.M.**	**20** **Diamond Painting Dots Activity w/Christine** **10 a.m.** **Nutrition Education w/Sharon** **Musculoskeletal Inflammation 11 a.m.**	**21** **Spanish Class (Beginners)** **10 a.m.** **Morning Movie - Lights, Camera, Popcorn!** **10 a.m.**
24 **Spanish Class 10 a.m.**	**25** **Summer Movie Series Downtown Library** **10 – 12:30 p.m.**	**26** **Outing: Bridge the Gap** **10 a.m.**	**27** **Outing: Name That Tune Showdown at Southside** **10:30 a.m. 12 p.m.**	**28** **Spanish Class (Beginners)** **10 a.m.** **Hamburgers and Karaoke on the Patio 11 a.m.**
31 **Spanish Class 10 a.m.** **Outing: Rummikub at Leroy Clemmons** **10 a.m.**	***Southside Senior Center will be closed 8/3-8/18 for Early Voting. Participants will meet at Francis Padgett during the closure**	**Breakfast Served Daily at 9 a.m.** **Lunch Served Daily at 12:00 p.m.** *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor		

City of Jacksonville
Senior Services Division

This summer, make a splash with the second year of our senior aquatic program—bigger, brighter, and more refreshing! Build strength and mobility, or simply relax and enjoy time in the pool with friends.

Pool Locations:

- Blue Cypress Park – 4012 University Blvd N. (S, R)
- Carvill Park – 1302 Carvill Ave. (S, R)
- Charles Clark Pool- 8739 Sibbald Rd. (L)
- Emmett Reed Park – 1093 W. 6th St. (L)
- Oceanway Park – 12215 Sago Ave. W. (L)

L= Ladder Entry
S = Stairs Entry
R = Ramp Entry

A NEW DAY.

AUGUST 2026 Summer Swim Schedule
All Sessions 10 AM- Noon
No Registration Required/Age 60+

For more information about this program, visit www.Jacksonville.gov/seniorservices or email Dbakai@coj.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 🟦 Aqua Aerobics: Blue Cypress	4	5 🟨 Free Swim: Emmett Reed, Carvill 🟦 Aqua Aerobics: Blue Cypress	6	7 🟨 Free Swim: Carvill, Oceanway, Emmett Reed, Charles Clark *No Aqua Aerobics
10	11	12 🟨 Free Swim: Emmett Reed 🟦 Aqua Aerobics: Carvill, Blue Cypress	13	14 🟨 Free Swim: Carvill, Oceanway, Emmett Reed, Charles Clark 🟦 Aqua Aerobics: Carvill, Blue Cypress
17	18	19 🟨 Free Swim: Emmett Reed, Carvill 🟦 Aqua Aerobics: Carvill, Blue Cypress	20	21 🟨 Free Swim: Carvill, Oceanway, Emmett Reed, Charles Clark Blue Cypress
24	25	26 🟨 Free Swim: Emmett Reed, Carvill 🟦 Aqua Aerobics: Blue Cypress	27	28 🟨 Free Swim: Carvill, Oceanway, Emmett Reed, Charles Clark, Carvill 🟦 Aqua Aerobics: Blue Cypress

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From the Dietitian's Kitchen

Nutritional Approaches for Musculoskeletal Inflammation

Sharon Lutheran
Dietitian

Some examples of musculoskeletal inflammatory conditions are osteoarthritis, rheumatoid arthritis, and tendinitis. Proper nutrition gives the body the necessary nutrients to repair and maintain tissues, reducing inflammation and strengthening the immune system. A well-balanced diet supports the body's ability to manage and relieve chronic pain effectively. Musculoskeletal pain is a complex health problem that can be in the muscles, bones, joints, ligaments, and tendons.

Targeted nutrition, including anti-inflammatory dietary patterns, omega-3 fatty acids, and polyphenol-rich foods can help control musculoskeletal inflammation and support joint and muscle health.

5 Key Dietary Strategies to Help Inflammation:

1. Anti-Inflammatory Dietary Patterns

Adopting a Mediterranean-style diet is strongly recommended for conditions like rheumatoid arthritis. This diet emphasizes fruits, vegetables, whole grains, legumes, nuts, olive oil, and fish while limiting red meat and processed foods, providing antioxidants, polyphenols, and omega-3 fatty acids that reduce inflammatory markers and improve joint function. Learn more about a Mediterranean-style diet at Oldwayspt.org

2. Omega-3 Fatty Acid Supplementation

Omega-3s (EPA and DHA) from cold-water fish such as salmon, sardines, and mackerel, or high-quality fish oil supplements, can reduce pro-inflammatory cytokines like IL-1β and CRP. Clinical studies suggest 4 g/day of EPA/DHA may lower systemic inflammation within 8 weeks. Ask your provider if supplements are appropriate for you.

3. Polyphenol-Rich Foods

Foods high in polyphenols, such as blueberries and strawberries, leafy greens, and cruciferous vegetables (broccoli, cauliflower, cabbage, kale, Brussels sprouts, and bok choy) help control inflammatory pathways (e.g., NF-κB, COX-2) and oxidative stress, which are central to chronic musculoskeletal inflammation.

4. Low-Glycemic, High-Nutrient Diet

Reducing refined carbohydrates (white bread and white rice) and processed foods helps control insulin spikes that can exacerbate inflammation. Increasing vegetables, whole grains like brown rice, bulgur or millet, and healthy fats, like extra virgin olive oil and avocados, which contain oleic acid that suppresses COX-2 enzymes.

5. Weight Management

Maintaining a healthy weight reduces mechanical stress on joints, particularly in osteoarthritis. Even modest weight loss of 10 pounds can decrease joint load, inflammation, improve mobility, and reduce pain.

By combining these dietary strategies with medical management, individuals can reduce musculoskeletal inflammation, improve joint function, and support long-term musculoskeletal health.

Recipe: Mediterranean Cobb Salad

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The annual Jacksonville Senior Games is a week-long, Olympic-style event designed for both the experienced, competitive, or novice "seasoned" athlete. Participants can compete for regional qualification in *eligible events, or for their own enjoyment to maintain and promote a healthy lifestyles.

SEPT. 12TH **TRACK & FIELD** Bishop Snyder High School	SEPT. 12TH **TABLE TENNIS** Pine Castle	SEPT. 14TH **TENNIS** Boone Park Tennis Complex
SEPT. 15TH **POWERLIFTING** Cecil Gym	SEPT. 15TH **BID WHIST** Tentative	SEPT. 16TH **GOLF** Bent Creek Golf Course
SEPT. 17TH **PICKLEBALL** Argyle Forest Park	SEPT. 18TH **PICKLEBALL** Argyle Forest Park	SEPT. 18TH **SWIMMING** Cecil Aquatics Center

For more information visit www.JaxSeniors.net or call (904) 255-5667

REGISTER ONLINE ONLY

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E E R D E S K K R W D A P

R R K O T K C A O L C A A

E L O I J O S D S O R R T

E A O O L E N G M C L U S

C E B C R I C P L I P L G

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Word List:

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ERASER
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BOOKSHELF
MAP
MARKER
CLOCK
POSTER
COMPUTER
PROJECTOR
CHAIR
PENCIL
STAPLER
PAPER
WINDOW





Brain Games

Word Twist

Summer Fun

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

hcbae _____ urabceeb _____

eishnsun _____ tsneadcals _____

icpnci _____ gfirnus _____

wmis _____ iec amrce _____

vaotinca _____ mpngiac _____

©LPi



Word Twist

Garden Vegetables

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



omtaot _____

hsquas _____

umcebruc _____

snabe _____

erpepp _____

ihdsar _____

gssapuraa _____

olcborci _____

ronc _____

gnlpaetg _____

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

						3	1	
	6		8				7	9
7		2				4	8	
			9					
					1			
	8	1	2					3
6	4			2		7		
8		3						2
			6	4			3	

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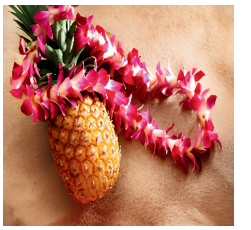




AUGUST 2026 Breakfast Menu

Menu Prepared by Mandy Patrick, MS,RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210
Menu Approved by Sharon M Lutheran,MSH,RDN,LDN Date of Approval: March 3, 2026

Breakfast Served Daily
***Meal Reservations Required
Scan the QR Code to View this Menu in Spanish

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Fruit Yogurt Peanut Butter Oatmeal English Muffin Applesauce 1% Milk Butter/Jelly	4 Cranberry Juice String Cheese Hard Boiled Egg Frosted Mini Wheats Mandarin Orange Fruit Cup 1% Milk Butter/Jelly	5 Grape Juice String Cheese Peanut Butter Cheerios Nutrigrain Bar Tropical Fruit Cup 1% Milk	6 Orange Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Bagel Peach Fruit Cup 1% Milk Cream Cheese/Jelly	7 Apple Juice String Cheese Peanut Butter Oatmeal Whole Wheat Bread Pear Fruit Cup 1% Milk Butter/Jelly
10 Cranberry Juice Fruit Yogurt Hard Boiled Egg Oatmeal Whole Wheat Bread Mandarin Orange Fruit Cup 1% Milk, Butter/Jelly	11 Orange Juice String Cheese Hard Boiled Egg Raisin Bran Cereal Nutrigrain Bar Pineapple Fruit Cup 1% Milk	12 Apple Juice String Cheese Peanut Butter Cheerios English Muffin Tropical Fruit Cup 1% Milk Butter/Jelly	13 Orange Juice Hard Boiled Egg String Cheese Oatmeal Cinnamon Toast Crunch Bar Applesauce 1% Milk, Butter/Jelly	14 Grape Juice Fruit Yogurt Peanut Butter Cornflakes Whole Wheat Bread Peach Fruit Cup 1% Milk Butter/Jelly
17 Cranberry Juice Fruit Yogurt Hard Boiled Egg Oatmeal Whole Wheat Bread Pear Fruit Cup 1% Milk, Butter/Jelly	18 Orange Juice String Cheese Peanut Butter Honey Nut Cheerios Cinnamon Toast Crunch Bar Applesauce 1% Milk, Butter/Jelly	19 Fruit Blend Juice String Cheese Hard Boiled Egg Oatmeal Whole Wheat Bread Mandarin Orange Fruit Cup 1% Milk, Butter/Jelly	20 Grape Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Nutrigrain Bar Pear Fruit Cup 1% Milk	21 Orange Juice Fruit Yogurt Peanut Butter Frosted Mini Wheats English Muffin Tropical Fruit Cup 1% Milk Butter/Jelly
24 Orange Juice Fruit Yogurt Peanut Butter Oatmeal English Muffin Applesauce 1% Milk Butter/Jelly	25 Cranberry Juice String Cheese Hard Boiled Egg Frosted Mini Wheats Whole Wheat Bread Mandarin Orange Fruit Cup 1% Milk, Butter/Jelly	26 Grape Juice Peanut Butter String Cheese Cheerios Nutrigrain Bar Tropical Fruit Cup 1% Milk	27 Orange Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Bagel Peach Fruit Cup 1% Milk Cream Cheese, Jelly	28 Apple Juice String Cheese Peanut Butter Oatmeal Whole Wheat Bread Pear Fruit Cup 1% Milk, Butter/Jelly
31 Cranberry Juice Fruit Yogurt Hard Boiled Egg Oatmeal Whole Wheat Bread Mandarin Orange Fruit Cup 1% Milk, Butter/Jelly				

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AUGUST 2026 Lunch Menu

Menu Prepared by Mandy Patrick, MS,RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210
Menu Approved by Sharon M Lutheran,MSH,RDN,LDN Date of Approval: March 3, 2026

Lunch Served Daily .
***Meal Reservations Required
Scan the QR Code to View this Menu in Spanish

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef and Rice Casserole Green Beans Carrots Wheat Bread Fruit Cup 1% Milk	4 Pork Sausage Northern Beans Garden Vegetables Hot Dog Bun Fruit Cup 1% Milk Mustard	5 Tacos Pinto Beans Mexican Corn Lettuce/Tomato Shredded Cheese Tortilla Fresh Fruit 1% Milk	6 Chicken Salad Green Pea Salad Garbanzo Bean Salad Saltine Crackers Fresh Fruit 1% Milk	7 Chop Steak and Gravy Whipped Potatoes Summer Vegetables Wheat Bread Fresh Fruit 1% Milk
10 Chicken Fried Rice Carrots Japanese Vegetables Dinner Roll Fruit Cup 1% Milk	11 BBQ Rib Patty Red Beans & Rice Cabbage Dinner Roll Fruit Cup 1% Milk	12 Meatballs in Spaghetti Sauce, Penne/Tomatoes Green Peas Wheat Bread Fresh Fruit 1% Milk	13 Chicken Legs Lima Beans Country Vegetables Dinner Roll Fresh Fruit 1% Milk	14 Hamburger Patty Pinto Beans Sliced Tomato Lettuce Hamburger Bun Fresh Fruit 1% Milk
17 Chili Mac Corn Italian Green Beans Wheat Bread Fruit Cup 1% Milk	18 Pork Carnitas Mexican Rice Pinto Beans Flour Tortilla Fruit Cup 1% Milk Taco Sauce	19 Sloppy Joe Mixed Beans California Vegetables Hamburger Bun Fresh Fruit 1% Milk	20 Creamy Paprika Chicken, Buttered Rice Green Peas Wheat Bread Fresh Fruit 1% Milk	21 Pork Sausage Black-eyed Peas Green Beans Hot Dog Bun Fresh Fruit 1% Milk Mustard
24 Meatballs and Mushroom Gravy Whipped Potatoes Garden Vegetables Wheat Bread Fruit Cup 1% Milk	25 BBQ Chicken Macaroni and Cheese Green Peas Hamburger Bun Fruit Cup 1% Milk	26 Beef Frito Pie Whole Kernel Corn Spanish Rice Corn Chips Fresh Fruit 1% Milk	27 Orange Glazed Chicken Delmonico Potatoes Cabbage Dinner Roll Fresh Fruit 1% Milk	28 Hamburger Patty Pinto Beans Sliced Tomato Lettuce Hamburger Bun Fresh Fruit 1% Milk
31 Beef and Rice Casserole Green Beans Glazed Carrots Wheat Bread Fruit Cup, 1% Milk				

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Do you know a senior who goes above and beyond to serve older adults or make a difference in the Jacksonville-Duval County community?
Help us recognize their dedication and impact! Join us as we celebrate local heroes who have made a lasting impact on our community and the lives of older adults.

Date: Friday, October 9, 2026
Time: 11:00 a.m. to 1:30 p.m.
Location: Jacksonville Public Library– Downtown 303 North Laura Street, Jacksonville, Fl. 32202
***Registration Required**

NOMINEE ELIGIBILITY & CRITERIA

SUBMISSION DEADLINE: FRIDAY, SEPTEMBER 4, 2026

ONLINE NOMINEE FORM

ELIGIBILITY

- Nominees must be residents of Jacksonville-Duval County.
- Nominees must be sixty (60) years of age or older.
- Nominees must have made an impact in the community for older adults during 2025.
- Lifetime nominees must have exemplified good work in the community throughout their lifetime, And/Or, Lifetime nominees must have exemplified good work for older adults throughout their lifetime.
- Nominees can't work as a full-time, paid employee of an organization or business whose primary purpose is to serve the older adult population (i.e. COJ Senior Services, ElderSource, etc.).

