

MARY L. SINGLETON SENIOR CENTER

APRIL 2024

150 E. 1st St. ~ Jacksonville, FL 32206 ~ (904) 255-6666

Specialists: Ila Hawkins-Riley/Joanna Ching

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics Painting Workshop 8 a.m. Stay Fit Together (V) 8:30 a.m. BINGO 9-11:30 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Jewelry Making Class 11 a.m. Line Dancing 1 p.m. Sewing Class 1-4 p.m.	Ceramics Painting Workshop 8 a.m. Stay Fit Together (V) 8:30 a.m. BINGO 9-11:30 a.m. Memory Games and Reading Group 10 a.m. Chair Volleyball 11 a.m.	Ceramics Painting Workshop 8 a.m. Stay Fit Together (V) 8:30 a.m. BINGO 9-11:30 a.m. Line Dancing 10 a.m. Line Dancing 1 p.m. Sewing Class 1-4 p.m.	Ceramics Painting Workshop 8 a.m. Stay Fit Together (V) 8:30 a.m. BINGO 9-11:30 a.m. Memory Games and Reading Group 10 a.m. Games & Dancing 5 p.m.	Ceramics Painting Workshop 8 a.m. Stay Fit Together (V) 8:30 a.m. BINGO 9-11:30 a.m. Chair Volleyball 11 a.m. Crocheting Group 1 p.m. (V): Video
AVAILABLE DAILY: Bingo, Billiards, Card Games, Computer & Library. BREAKFAST: 9 a.m. LUNCH: 12 p.m. Clothes Closet: Monday ~ Friday 9~11:30 a.m.				
1 Advisory Council Meeting 10 a.m. Participants Meeting (before lunch) 11:30 a.m.	2 FIELD TRIP: Roses and Dollar Tree for Advisory Council only 10:30 a.m. Line Dancing 3:30 p.m.	3	4 FIELD TRIP: Walmart 10:30 a.m.	5 WESTERN DAY Nacho Fundraising Party 10 a.m.
8 UF Pharmacy: Medications Q&A 10:30 a.m. - noon	9 De-stress Meditation Group 10 a.m. (no memory games and reading) FIELD TRIP: Roses & Dollar Tree 10:30 a.m.	10 Flea Market 8 a.m. - 1 p.m. FIELD TRIP: Commodities pickup at Bridget the Gap 9 a.m. Mental Health Workshop W/ Northwest Behavioral Health 9:00 a.m.	11 Arts and Crafts Molding (air-dry) Clay Class 10 a.m. Presentation: Day with the Dietitian 10 a.m.	12 EARTH DAY
15	16 FIELD TRIP: IKEA Bistro \$3.99 hot meals special 10:30 a.m. Line Dancing 3:30 p.m.	17	18	19 Walk for Senior Wellness at 1301 Riverplace Blvd Suite C102 on the Southbank riverwalk 10:00 a.m. Hot Dog Fundraising Backyard Party 10 a.m.
22 FIELD TRIP: Joann Fabrics 10:30 a.m.	23	24 Mental Health Workshop W/ Northwest Behavioral Health 9:00 a.m. Fun Day 10:45 a.m.	25 FIELD TRIP: Shopping with the Dietitian 10 a.m.	26 50's and 60's Theme Day April Birthday Celebration 10:30 a.m.
29 FIELD TRIP: Emerson Thrift Store 10:30 a.m.	30 Line Dancing 3:30 p.m.			