





Santa Rosa Senior Dining Site Activities - January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>2</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 5) Games, Movie, Yoga 7) Tai Chi</p>	<p>3</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 6) Bingo 7) Mission In Motion 9-11:30 (Heart Health)</p>	<p>4</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Bingo, Speaker: Abuse 3) Exercise 4) Games 7) Tai Chi</p>	<p>5</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1, 4) Games 7) Games, Puzzles</p>
<p>8</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 4) Speaker: Nutrition 5) Games, Bingo</p>	<p>9</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 5) Games, Movie, Yoga 7) Tai Chi</p>	<p>10</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Speaker: Muscle Tone as We Age 4) Crafts w/ Margaret CD Cases 6) Bingo 7) Speaker: Nutrition</p>	<p>11</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Bingo 3) Exercise 4) Games 6) Crafts w/ Margaret CD Cases 7) Tai Chi</p>	<p>12</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1, 4) Games 7) Games, Puzzles</p>
<p>5</p> <p>MARTIN LUTHER KING JR. Day HOLIDAY</p> 	<p>16</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 5) Movie, Speaker Nutrition 7) Tai Chi</p>	<p>17</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Crafts w/ Margaret 3) Bingo 5) Bingo, Games 6) Trivia 7) Games, Speaker: VA Benefits</p>	<p>18</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Bingo</p>	<p>19</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 4) Games 7) Games, Exercise</p>
<p>22</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1, 3, 7) Reading 1, 3) Bingo 6) Games 7) Bingo</p>	<p>23</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1, 3, 7) Reading 4) Exercise 5) Movie, Yoga 7) Tai Chi</p>	<p>24</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1, 3, 7) Reading 1) Speaker: Nutrition 3) Bingo 5) Bingo 7) Speaker: VA Benefits</p>	<p>25</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Bingo 6) Speaker: Nutrition</p>	<p>26</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 4) Games 7) Games, Exercise</p>
<p>29</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1, 3, 7) Reading 1, 3) Bingo 6) Games 7) Bingo</p>	<p>30</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1, 3, 7) Reading 3) Speaker: Nutrition 4) Exercise 5) Movie, Yoga 7) Tai Chi</p>	<p>31</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1) Speaker: VA Benefits 6) Games 7) Crafts</p>	 <p>Corporation for NATIONAL & COMMUNITY SERVICE</p>	 <p>Northwest Florida Area Agency on Aging, Inc. "Improving the quality of life for elders" since 1979</p>  <p>DEPARTMENT OF ELDER AFFAIRS STATE OF FLORIDA</p>

SANTA ROSA COUNTY

CAREGIVER SUPPORT

GROUPS

Site 1

Christ United Methodist Church
5983 Dogwood St.
Milton, FL 32570
(850) 983-4590

Century
January 18th 6:00 PM
Century Care Center
6020 Industrial Blvd.

Site 3

Chumuckla Community Center
2355 Hwy 182 West
(850) 994-8811

Pensacola
Alzheimer's Family Services
January 15th 2:30 PM
875 Royce St.

Site 4

First United Methodist Church of Pace
4540 Chumuckla Hwy
Pace, FL 32571
(850) 995-3795

Jessica at (850) 266-2503 to arrange onsite respite.

January 25th 6:00 PM
Council on Aging of West FL
875 Royce St.

Site 5

E.H. Pullum Senior Center
8476 Gordon Goodin Ln.
Navarre, FL 32566
Open Monday - Thursday
(850) 936-1644

January 25th 9:00 AM
Myrtle Grove Baptist Church
5920 Lillian Hwy.

Grandparents Raising Grandchildren

January 11th 6:00 PM
Council On Aging of West FL
875 Royce St.
Pensacola, FL
Reservations Required
432-1475

Site 6

Jay Community Center
5259 Booker Ln.
Jay, FL 32565
(850) 675-0810

Site 7

Bagdad Community Center
6860 Pooley St.
Bagdad, FL 32530
(850) 983-4500

Holly - Navarre
January 4th 8:30 AM
Intermediate School
1936 Navarre School Rd

