









Santa Rosa Senior Dining Site Activities - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 	 			<p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1) Games 3) Exercises, Bingo, Music 4) Bingo, Games 7) Games, Puzzles</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 3) Music 5) Bingo, Music, Exercises 5, 7) Games, Word Search 6) Games 7) Bingo</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 3) Dance, Music 4) Speaker: Nutrition 5) Dance / Greek Yoga 7) Tai Chi</p> 	<p>6</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, Games 3) Exercises, Bingo, Music 5) Music, Games 7) Speaker: Nutrition</p> <p><i>Grandparents Raising Grandchildren-Navarre</i></p> 	<p>7</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, Games 3) Speaker: Nutrition 4) Exercises, Games 5) Round Table Discussion: Stroke 6) Games 7) Tai Chi</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 1, 4) Games 3) Exercises, Music 4) Bingo 6) Bingo, Games 7) Games, Puzzles</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 3) Music 5) Bingo, Music, Exercises 5, 7) Games, Word Search 6) Games 7) Bingo</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) Speaker: FG / SC 3) Dance, Music 4) Exercises 5) Speaker: Nutrition 7) Tai Chi, Games</p> 	<p>13</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: Nutrition 1, 6) Games 3) Valentine Party, Exercises, Bingo, Music</p> 	<p>14</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, Valentine Party 3) Exercises, Music, Volleyball 4, 6) Games 4) Valentine / Birthday Party 5) Wii Bowling 7) Tai Chi</p> 	<p>15</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, 6) Games 3) Exercises, Bingo, Music 4, 6) Bingo 7) Games, Puzzles</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 3) Music 5) Bingo, Music, Exercises 5, 7) Games, Word Search 6) Games 7) 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 3) Dance, Music 4) Exercises 5) Dance / Greek Yoga 6) Games 7) Tai Chi, Games</p> 	<p>20</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, Games 3) Exercises, Bingo, Music 5) Music, Games 7) Speaker: Nutrition</p> 	<p>21</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, Games 3) Exercises, Music, Volleyball 4) Speaker: FG / SC 4, 6) Games 5) Wii Bowling 7) Tai Chi</p> 	<p>22</p> <p>ALL SITES OPEN M-F 9:00-12:00, except Navarre M-TH 9:00-12:00</p> <p>1-7) Reading 1, 4) Games 3) Exercises, Bingo, Music 4) Bingo 6) Bingo, Games 7) Games, Puzzles</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 3) Music 5) Music, Exercises 5, 6, 7) Games 7) Bingo</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 3) Speaker: FG / SC, Dance, Music 4) Exercises 5) Dance / Greek Yoga 6) Games</p> 	<p>27</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, Games 3) Exercises, Bingo, Music 5) Music, Games 6) Speaker: Nutrition 7) Crafts w/ Margaret, Games</p> 	<p>28</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, Games 3) Mardi Gras Dance, Exercises, Music, Volleyball 4, 6) Games 5) Wii Bowling 7) Tai Chi</p> 	

SANTA ROSA COUNTY

Site 1

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

Site 3

Chumuckla Community Center
2355 Hwy 182 West
Jay, FL 32565
(850) 994-8811

Site 4

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

Site 5

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

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

CAREGIVER SUPPORT GROUPS

Pensacola

Alzheimer's Family Services
February 19th 2:30 PM
875 Royce St.
Jessica at (850) 266-2503 to arrange onsite respite.

February 28th 6:00 PM
Council on Aging of West FL
875 Royce St.

February 28th 9:00 AM
Myrtle Grove Baptist Church
5920 Lillian Hwy.

Grandparents Raising Grandchildren

February 14th 6:00 PM
Council On Aging of West Florida
875 Royce St.
Pensacola, FL
Reservations Required
432-1475

February 6th 9:30 AM

Holly - Navarre
Intermediate School
1936 Navarre School Rd

