

BENNIE FURLONG SENIOR CENTER

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery

JANUARY 2026

Monday - Friday 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Schedule Brain Games 8 a.m. Chair Exercise 9:30 a.m. (V) Line Dance Class 1:30 p.m.(I)</p> <p>(V)=Video (I)= Instructor</p>	<p>Daily Schedule Brain Games 8 a.m. Tai Chi Class 9:30 a.m. (V) Spanish Class 10:30 a.m. (I) Mexican Bingo 12:30 p.m. Fit & Fab 1:30 p.m. (I)</p> <p>(V)=Video (I)- Instructor</p>	<p>Daily Schedule Brain Games 8 a.m. Chair Exercise 9:30 a.m. (I) Bible Study 10:30 a.m. Crochet and Knitting 1 p.m. Fit & Fab 1:30 p.m.(I)</p> <p>Ballroom Dance 7:00 p.m.</p> <p>(I)= Instructor</p>	<p>Daily Schedule Brain Games 8 a.m. Tai Chi Class 9:30 a.m.(V) Card Making 10 a.m. 1st & 3rd Thursdays</p> <p>V)= Video</p>	<p>Daily Schedule Brain Games 8 a.m. Chair Exercise 9:30 a.m.(V) Card Games 10:30 a.m. Fit & Fab 1:30 p.m.(I)</p> <p>(V)= Video (I)= Instructor</p>
Breakfast Served Daily at 9 a.m.		LUNCH Served Daily at 12:00 p.m.		Activities Subject to Change
	<p>*New Activity on Tuesdays. * Mexican Bingo Come join in the fun!</p>		<p>1 CENTER CLOSED HAPPY NEW YEAR!</p>	<p>2 Cards 10:30 a.m.</p>
<p>5 Nutrition Education by Sharon Lutheran (Oral Health and Nutrition) 10:30 a.m.</p>	<p>6 Mexican Bingo 12:30 p.m.</p>	<p>7 Shopping ~ Walmart 10:30 a.m.</p>	<p>8 Special Bingo w/Nelson from Careplus 10:30 a.m.</p>	<p>9 Cards 10:30 a.m.</p>
<p>12 Outing ~ Metro Diner 10:45 a.m.</p>	<p>13 Mexican Bingo 12:30 p.m.</p>	<p>14 Crochet and Knitting Class 1-3 p.m. All Skill Levels Welcome</p>	<p>15 *Ritz Chamber Players* Friday Musicale 1 ~ 2:30 p.m. Bus Departs at 11:45 a.m.</p>	<p>16 Shanghai Circus FSCJ Artist Series Wilson Center for the Arts (Bus Departs at 10:30 a.m.) Limited Seating</p>
<p>19 CENTER CLOSED IN OBSERVANCE OF MLK'S BIRTHDAY</p>	<p>20 Mexican Bingo 10:30 a.m.</p>	<p>21 Crochet and Knitting Class 1-3 p.m. All Skill Levels Welcome</p>	<p>22 Counseling by Charles w/Northwest Behavioral 10:30 a.m.</p>	<p>23 Cards 10:30 a.m.</p>
<p>26 Chair Yoga w/Madison From Tailored Homes 10:30 a.m.</p>	<p>27 Mexican Bingo 10:30 a.m.</p>	<p>28 Crochet and Knitting Class 1-3 p.m. All Skill Levels Welcome</p>	<p>29 Shopping ~ Publix 10:30 a.m.</p>	<p>30 Food Demo and Nutritional Talk by Feeding Northeast Florida 10:30 a.m.</p> <p>Birthday Celebration w/Conviva 12:00 p.m.</p>