

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