

BENNIE FURLONG SENIOR CENTER

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

FEBRUARY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Schedule Brain Games 8 a.m. Breakfast at 9 a.m. Chair Exercise 9:30 a.m. (I) (V)=Video (I)- Instructor	Daily Schedule Brain Games 8 a.m. Breakfast 9 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. Breakfast at 9 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. Breakfast 9 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. Breakfast 9 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			
2 Nutritional Education Sharon Lutheran w/Senior Services African Heritage Power Plate 10:30 a.m.	3 Mexican Bingo 12:30 p.m.	4 Knitting and Crocheting Class All Skill Levels Welcome 1:00 p.m.	5 Shopping ~ Walmart 10:30 a.m.	6 Card Games 10:30 a.m.
9 Blood Pressure Screening 10:30 a.m.	10 Mexican Bingo 12:30 p.m.	11 Center Closing 2:00 p.m. Due to Staff Meeting	12 Valentine's Day Party w/Nelson from Careplus 10:30 a.m.-12:30 p.m. (Wear Red!)	13 Cards Games 10:30 a.m.
16 CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY	17 JEA Presentation Managing Your Bill 10:30 a.m.	18 JEA SENIOR DAY Customer Solutions Center Bus will depart at 9:15 a.m.	19 Outing ~ Dockside Seafood Restaurant 10:30 a.m.	20 Cards Games 10:30 a.m.
23 Chair Yoga w//Madison Santiago from Tailored Homes 10:30 Medicare Fraud Prevention by Emily Harris w/SHINE 11:15 a.m.	24 Mexican Bingo 12:30 p.m.	25 Shopping ~ Publix 10:30 a.m.	26 Counseling by Charles w/Northwest Behavioral 10:30 a.m.	27 Cards Games 10:30 a.m. Birthday Celebration w/Conviva 12:00 p.m.