

PINE FOREST SENIOR CENTER

4035 Grant Rd. Jacksonville, FL 32207

Specialist: Heidi Ford

Phone: 904-255- 6230

FEBRUARY 2026

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Members' Choice Cards Table Games Chair Volleyball	Daily Members' Choice Cards Table Games Chair Volleyball	Daily Members' Choice Cards Table Games Chair Volleyball	Daily Members' Choice Cards Table Games Chair Volleyball	Daily Members' Choice Cards Table Games Chair Volleyball
BREAKFAST: 9 a.m. M ~ F LUNCH: 12 p.m. M – F MUST SIGN UP FOR MEALS ACTIVITIES SUBJECT TO CHANGE				
2 Chair Exercise w/Veronica 9:30 a.m.	3 Historical Religious Studies 10:00 a.m. Icemen Hockey Game 11:00 a.m.	4 Get Up and Move 10:45 a.m. Nutrition Education w/Sharon African Heritage Power Plate 1:00 p.m. Line Dancing 4:00 p.m.	5 Freshfields Farm Outing 10:00 a.m. Trivia with Archwell 11:00 a.m.	6 Walking Club 9:30 a.m. Pace Place Presentation 10:00 a.m.
9 Chair Exercise w/Veronica 9:30 a.m. Super Bowl Party 10:00 a.m.	10 Historical Religious Studies 10:00 a.m. UF Health Presentation 11:00 a.m.	11 Bridge the Gap 9:30 a.m. Center Closes at 2:00 p.m. No Line Dancing	12 Black History Group Presentation 10:00 a.m. Healthy Eating / Food Demo Feeding NE Florida 11 a.m.	13 Walking Club 9:30 a.m. Valentine's Day Party 10:00 a.m.
16 CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY	17 Historical Religious Studies 10:00 a.m. Vegan Soul Food, Food Demo 11:00 a.m. w/April Blue	18 Walking Club 9:30 a.m. Chair Volleyball 10:00 a.m. Line Dancing 4:00 p.m.	19 Lincolnville Museum Tour 10:30 a.m. Bus Leaves at 9:15 a.m. Center Closed 9:30 a.m. - 1:30 p.m.	20 Walking Club 9:30 a.m. Dollar Tree outing 10:30 a.m.
23 Chair Exercise w/Veronica 9:30 a.m. AHEC Diabetic Presentation 10:00 a.m. –12:00 p.m.	24 Historical Religious Studies 10:00 a.m.	25 Walking Club 9:30 a.m. Black History Trivia 10:00 a.m. Northwest Behavior 12:30 p.m. Line Dancing 4:00 p.m.	26 Lotte Shop Outing 10:30 a.m.	27 Walking Club 9:30 a.m. Birthday Party Day Sponsored by Devoted Health 10:00 a.m.