

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
<u>Daily</u> Members' Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members' Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members' Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members' Choice Cards Table Games Chair Volleyball	<u>Daily</u> 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.