

# BENNIE FURLONG SENIOR CENTER

# March 2026

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Daily Schedule</b> Brain Games 8 a.m. <b>Breakfast 9 a.m.</b> Chair Exercise 9:30 a.m. (V) Line Dance Class 1:30 p.m.(I) (V)=Video (I)= Instructor</p>	<p><b>Daily Schedule</b> Brain Games 8 a.m. <b>Breakfast 9 a.m.</b> Tai Chi Class 9:30 a.m. (V) Spanish Class 10:30 a.m. (I) Mexican Bingo 12:30 p.m., Fit &amp; Fab 1:30 p.m. (I)</p> <p>(V)=Video (I)- Instructor</p>	<p><b>Daily Schedule</b> Brain Games 8 a.m. <b>Breakfast at 9 a.m.</b> Chair Exercise 9:30 a.m. (I) Bible Study 10:30 a.m. Crochet and Knitting 1 p.m. Fit &amp; Fab 1:30 p.m.(I)</p> <p>Ballroom Dance 7:00 p.m.</p> <p>(I)= Instructor</p>	<p><b>Daily Schedule</b> Brain Games 8 a.m. <b>Breakfast 9 a.m.</b> Tai Chi Class 9:30 a.m.(V) Card Making 10 a.m. 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays</p> <p>(V)= Video</p>	<p><b>Daily Schedule</b> Brain Games 8 a.m. <b>Breakfast 9 a.m.</b> Chair Exercise 9:30 a.m.(V) Card Games 10:30 a.m. Fit &amp; Fab 1:30 p.m.(I)</p> <p>(V)= Video (I)= Instructor</p>
<p><b>Breakfast Served Daily at 9 a.m.      LUNCH Served Daily at 12:00 p.m.      Activities Subject to Change</b></p>				
<p>2 Nutrition Education w/Sharon Discovering the Power of Nutrition 10:30 a.m.</p>	<p>3 <b>Event:</b> Susie's Birthday Celebration 10:30 a.m.</p> <p><b>No Spanish Class Today</b></p>	<p>4 <b>Shopping - Walmart</b> Bus Departs - 10:30 a.m.</p> <p>Knitting and Crocheting Class All Skill Levels Welcome 1 p.m.</p>	<p>5 <b>Presentation:</b> Fraud Prevention and Identity Theft w/Dave from VyStar 10:30 a.m.</p>	<p>6 Card Games 10:30 a.m.</p>
<p>9 <b>Outing:</b> Bono's Bar-B-Q Bus Departs 10:45 a.m.</p>	<p>10 Spanish Class 10:30 a.m.</p>	<p>11 Knitting and Crocheting Class All Skill Levels Welcome 1-3 p.m.</p>	<p>12 Special Bingo w/Nelson from CarePlus 10:30 a.m.</p>	<p>13 Card Games 10:30 a.m.</p>
<p>16 Blood Pressure Check 10:30 a.m.</p>	<p>17 <b>Event:</b> St. Patrick's Day Celebration 11:00 a.m. (Wear Green!)</p> <p><b>No Spanish Class Today</b></p>	<p>18 Knitting and Crocheting Class All Skill Levels Welcome 1-3 p.m.</p>	<p>19 <b>Shopping-Publix</b> Bus Departs at 10:30 a.m.</p>	<p>20 SS Special Event Walk for Senior Wellness Friendship Fountain 10 ~ 1</p> <p>Bus Departs at 9 a.m.</p>
<p>23 Feeding Northeast Florida Nutrition and Food Demo 10:30 a.m.</p>	<p>24 Spanish Class 10:30 a.m.</p> <p>Dietitian / Nutrition Survey with COEA 11:30 a.m.</p>	<p>25 Nutrition Education 11:30 a.m.</p>	<p>26 Northwest Behavioral Group Counseling w/Charles Timmons 10:00 a.m.</p> <p>Site Council Induction Ceremony Mary Singleton Center 11:00 a.m.</p>	<p>27 Card Games 10:30</p> <p>Birthday Celebration! w/Nelson and Charles of CarePlus and Conviva 12 p.m.</p>
<p>30 Chair Yoga w/Madison from Tailored Homes 10:30 a.m.</p>	<p>31 Spanish Class 10:30 a.m.</p>			