

# PINE FOREST SENIOR CENTER

# MARCH 2026

4035 Grant Rd. Jacksonville, FL 32207

Specialist: Heidi Ford

Phone: 904-255- 6230

Monday – Friday ~ 8 a.m. to 5 p.m.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <p><b>Daily</b><br/>Members' Choice<br/>Cards<br/>Table Games<br/>Chair Volleyball</p>  | <p><b>Daily</b><br/>Members' Choice<br/>Cards<br/>Table Games<br/>Chair Volleyball</p>                           | <p><b>Daily</b><br/>Members' Choice<br/>Cards<br/>Table Games<br/>Chair Volleyball</p>   | <p><b>Daily</b><br/>Members' Choice<br/>Cards<br/>Table Games<br/>Chair Volleyball</p>   | <p><b>Daily</b><br/>Members' Choice<br/>Cards<br/>Table Games<br/>Chair Volleyball</p>   |
| <p><b>BREAKFAST: 9 a.m. M ~ F      LUNCH: 12 p.m. M – F      MUST SIGN UP FOR MEALS      ACTIVITIES SUBJECT TO CHANGE</b></p>   |  |  |  |  |
| <p>2<br/>Chair Exercise w/Veronica 9:30 a.m.<br/><br/>Listen &amp; Learn Senior Programs<br/>Presentation 10:00 a.m.<br/><br/>Dietitian / Nutrition Survey<br/>with COEA 11:30 a.m.</p> | <p>3<br/>Historical Religious Studies<br/>10:00 a.m.</p>   | <p>4<br/>Walking Club 9:30 a.m.<br/><br/>Line Dancing 4:00 p.m.</p>  | <p>5<br/>Publix Outing 10:00 a.m.</p>  | <p>6<br/>Walking Club 9:30 a.m.</p>  |
| <p>9<br/>Chair Exercise w/Veronica 9:30 a.m.<br/><br/>Peaceful Presence Companionship<br/>Presentation w/Tunishia 10:30 a.m.</p>  | <p>10<br/>Historical Religious Studies<br/>10:00 a.m.</p>  | <p>11<br/>Bridge The Gap 9:30 a.m.<br/><br/><b>Center Closes at 2:00 p.m.<br/>No Line Dancing</b></p>  | <p>12<br/>UF Health - Health Screenings<br/>10:00 a.m.<br/>Nutrition Education w/Sharon<br/>Discovering the Power of<br/>Nutrition 1:00 p.m.</p> | <p>13<br/>Walking Club 9:30 a.m.</p>   |
| <p>16<br/>Chair Exercise w/Veronica 9:30 a.m.<br/><br/>Guys Day Out 10:00 a.m.</p>  | <p>17<br/>St. Patrick's Day Party<br/>10:00 a.m. 🍀<br/><br/><b>NO Historical Religious<br/>Studies Today</b></p> | <p>18<br/>Walking Club 9:30 a.m.<br/><br/>Diabetes Self-Management<br/>Program w/AHEC<br/>10 a.m.- 12:30 p.m.<br/><br/>Line Dancing 4:00 p.m.</p>    | <p>19<br/>Outing: Get Up and Move!<br/>Leroy Clemons 10:30 a.m.<br/><br/>Northwest Behavioral Health<br/>12:30 p.m.</p>                          | <p>20<br/><br/>SS Special Event<br/>Walk for Senior Wellness<br/>Friendship Fountain<br/>10 ~ 1<br/><br/>CENTER CLOSED FOR EVENT</p> |
| <p>23<br/>Chair Exercise w/Veronica 9:30 a.m.<br/><br/>Fresh Market Outing 10:30 a.m.</p>   | <p>24<br/>Historical Religious Studies<br/>10:00 a.m.</p>  | <p>25<br/>Walking Club 9:30 a.m.<br/><br/>Diabetes Self-Management<br/>Program 10:00 a.m.- 12:30 p.m.<br/>w/AHEC<br/><br/>Line Dancing 4:00 p.m.</p> | <p>26<br/>JSO - Neighborhood Safety<br/>10:30 a.m.<br/><br/>Site Council Induction Ceremony<br/>Mary Singleton Center 11:00 a.m.</p>             | <p>27<br/>Walking Club 9:30 a.m.<br/><br/>Birthday Party Day 10:00 a.m.</p>  |
| <p>30<br/>Chair Exercise w/Veronica 9:30 a.m.<br/><br/>Lunch Outing - Mikuta Buffet<br/>10:30 a.m.</p>  | <p>31<br/>Historical Religious Studies<br/>10:00 a.m.<br/><br/>Site Council Meeting 11:00 a.m.</p>               |  |  |  |