

PINE FOREST SENIOR CENTER

4035 Grant Rd. Jacksonville, FL 32207

Specialist: Heidi Ford

Phone: 904-255- 6230

JANUARY 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				
			1 CENTER CLOSED HAPPY NEW YEAR!	2 Walking Club 9:00 a.m.
5 Chair Exercise w/Veronica 9:00 a.m. Family Fude w/Jennifer 10:00 a.m.	6 Historical Religious Studies 10:00 a.m.	7 *Walking Club 9:00 a.m. *Bingo 9:45 a.m. *VyStar Presentation 11:00 a.m. *Nutrition Education with Sharon Oral Health & Nutrition 1:00 p.m. *Line Dancing 4:00 p.m.	8 Crochet Club 10:00 a.m. Health Talk w/Devoted 11:00 a.m.	9 Walking Club 9:00 a.m. Crafts with Melanie from Archwell 1:00 p.m.
12 Chair Exercise w/Veronica 9:00 a.m. Living with Clarity w/Coach David 10:00 a.m.	13 Historical Religious Studies 10:00 a.m. AHEC Diabetes Presentation 11:00 a.m.	14 Walking Club 9:00 a.m. Bridge the Gap 9:30 a.m. Center Closes at 2:00 p.m. No Line Dancing	15 Crochet Club 10:00 a.m. Northwest Behavior 12:30 p.m. *Ritz Chamber Players* Friday Musicale 1 ~ 2:30 p.m.	16 Walking Club 9:00 a.m. Shanghai Circus FSCJ Artist Series Wilson Center for the Arts 11:30 a.m. Limited Seating
19 CENTER CLOSED IN OBSERVANCE OF MLK'S BIRTHDAY	20 Historical Religious Studies 10:00 a.m.	21 Walking Club 9:00 a.m. Wild World of Animals Performance 11:00 a.m. Line Dancing 4:00 p.m.	22 Crochet Club 10:00 a.m. Pictionary w/Millennium 11:00 a.m.	23 Walking Club 9:00 a.m. Learn How to Play Poker w/Sam Wilson 10:15 a.m.
26 Chair Exercise w/Veronica 9:00 a.m. Bingo 10:30 a.m.	27 Historical Religious Studies 10:00 a.m. American Care Fresh Produce Give-away 11:00 a.m.	28 Walking Club 9:00 a.m. Line Dancing 4:00 p.m.	29 Crochet Club 10:00 a.m. Site Council Meeting 11:00 a.m.	30 Walking Club 9:00 a.m. Birthday Party Day 10:00 a.m.