

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
<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				
			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.