

BENNIE FURLONG SENIOR CENTER

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

NOVEMBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Schedule</u> Brain Games 8 a.m. Breakfast 9 a.m. Chair Exercise 9:30 a.m. (V) Line Dance Class 1:30 p.m.(I) (V)=Video (I)= Instructor	<u>Daily Schedule</u> Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. (V) Spanish Class 10:30 a.m. (I) Fit & Fab 1:30 p.m. (I) (V)=Video (I)- Instructor	<u>Daily Schedule</u> Brain Games 8 a.m. Breakfast at 9 a.m. Chair Exercise 9:30 a.m. (I) Bible Study 10:30 a.m. Crochet and Knitting 1 p.m. Fit & Fab 1:30 p.m.(I) Ballroom Dance 7:00 p.m. (I)= Instructor	<u>Daily Schedule</u> Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m.(V) Card Making 10 a.m. 1 st & 3 rd Thursdays (V)= Video	<u>Daily Schedule</u> Brain Games 8 a.m. Breakfast 9 a.m. Chair Exercise 9:30 a.m.(V) Card Games 10:30 a.m. Fit & Fab 1:30 p.m.(I) (V)= Video (I)= Instructor
Breakfast Served Daily at 9 a.m.		LUNCH Served Daily at 12:00 p.m.		Activities Subject to Change
		Please Note <u>No Ballroom Dance</u> November 12 th / 26 th		
3 Nutrition Education by Sharon 10:30 a.m.	4 Trivia 11:30 a.m.	5 Farmers Market Hosted by Eldersource Mary Singleton Bus Departs ~ 10 a.m. Holiday Festival Ticket Sales 6-8 p.m.	6 Shopping: Publix 10:15 a.m.	7 Card Games 10:30 a.m.
10 Chair Yoga w/Madison Santiago from Tailored Homes. 10:30 a.m.	11 CENTER CLOSED in OBSERVANCE of VETERANS DAY	12 Thanksgiving Celebration at Conviva Bus Departs 9:15 a.m. RSVP Required *No Ballroom Dance Tonight*	13 Author/Comedian Carolyn Meyer Mary Singleton 10:30 ~ 12:30 Bus Departs 10 a.m.	14 Card Games 10:30 a.m.
17 Pine Forest Center Visiting Food Distribution by Catholic Charities at Bennie Furlong 9:30-11:30	18 Presentation: Purpose As Key to Aging Well by David Koebelin 10:30 a.m.	19 Crochet and Knitting 1 p.m. All Skill Levels Welcome	20 SENIOR EXPO ADAM HERBERT CENTER UNF 10-12 Bus Departs 9:30	21 Card Games 10:30 a.m. Monthly Birthday Celebration w/Mar from Conviva.11:30 a.m.
24 Shopping at Walmart 10:30 a.m.	25 Friendsgiving Celebration Singing and Celebration w/Nelson of Careplus 10:30 a.m.	26 Cancelled – Today Only Crochet Class, Fit-n-Fab and Ballroom Dance	27 CENTER CLOSED FOR THANKSGIVING HOLIDAY	28 CENTER CLOSED FOR THANKSGIVING HOLIDAY

