

# BENNIE FURLONG SENIOR CENTER

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

# OCTOBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Chair Exercise 9:30 a.m. (V) Line Dance Class 1:30 p.m.(I) (V)=Video (I)= Instructor	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) Fit & Fab 1:30 p.m. (I)  (V)=Video (I)- Instructor	Brain Games 8 a.m. <b>Breakfast 9 a.m.</b> 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	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> & 3 <sup>rd</sup> Thursdays  (V)= Video	Brain Games 8 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
<b>AVAILABLE DAILY:</b> Beach Walk, Cards, Computers, Puzzles, Chair Volleyball <b>LUNCH 12:00 ~ Must sign up to receive meals.</b> <b>Activities subject to change.</b>				
		1 Crochet and Knitting 1 p.m. All Skill Levels Welcome	2 <b>Field Trip:</b> Walmart 10:15 a.m.	3 Card Games w/Mary and Terry 10:30 a.m.
6 Nutritional Education by Sharon 10:30 a.m.	7 Blood Pressure Check 11:30 a.m.	8 Crochet and Knitting 1 p.m. All Skill Levels Welcome	9  <b>Senior Blue Gala Hosted by Will Thorpe Karaoke Mary Singleton 10 ~ 2</b>  Special Bingo w/Nelson from Careplus 10:30 a.m.	10 Card Games w/Mary and Terry 10:30 a.m.
13 Bingo 10:30 a.m.	14 Walk to Beach 11:30 a.m.	15 Medication Reconciliation w/UF College of Pharmacy 10:30 a.m.  Crochet and Knitting 1 p.m. All Skill Levels Welcome	16 <b>Field Trip</b> Super Bingo! Lane Wiley Bus is leaving at 9:30 a.m.	17  <b>Arboretum and Gardens Fall In Love with Nature Hike and Stroll Bus will leave at 9:15 a.m.</b>
20 <b>Field Trip:</b> Publix 10:30 a.m.	21 Trivia 11:30	22 Crochet and Knitting 1 p.m. All Skill Levels Welcome	23 Northwest Behavioral Counseling with Charles 10:30 a.m.	24 Card Games w/ Mary and Terry 10:30 a.m.
27 <b>Field Trip:</b> Bird Island Park Bus is leaving at 10:30 a.m.	28 Nutrition Education w/Dawn 11:30 a.m.	29 <b>Fall Resource Festival Extension Office 10-12 Bus is Leaving at 9:15 a.m.</b>	30 <b>Bennie Furlong's Fall Festival and Costume Contest 10-12:30 p.m.</b>	31 Monthly Birthday Celebration Sponsored by Conviva 11 a.m.