BENNIE FURLONG SENIOR CENTER AUGUST 2025

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery Monday - Friday 8 a.m. to 5 p.m.

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| **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)Chair Volleyball 12:30 p.m.(V)=Video(I)= Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m. (V)Spanish Class 10:30 a.m. (I)Chair Volleyball 12:30 p.m.Fit & Fab 1:30 p.m. (I)(V)=Video(I)- Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Chair Exercise 9:30 a.m. (I)Bible Study 10:30 a.m.Chair Volleyball 12:30 p.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.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m.(V)Card Making 10 a.m.1st & 3rd ThursdaysChair Volleyball 12:30 p.m.(V)= Video | Brain Games 8 a.m.Chair Exercise 9:30 a.m.(V)Card Games 10:30 a.m.Chair Volleyball 12:30 p.m.Fit & Fab 1:30 p.m.(I)(V)= Video(I)= Instructor |
| **AVAILABLE DAILY:** Beach Walk, Cards, Computers, Puzzles, Chair Volleyball **LUNCH** 12:00 p.m. |
|  |  |  |  | 1**Blue Cypress Pool** **Aqua Aerobics Class** **Bus is Leaving at 9:15 a.m.**Card Games w/Mary and Terry10:30 a.m. |
| 4Nutrition Education w/ Sharon From Senior Services10:30 | 5Sip and Paint with Conviva10:30-11:45. | 6Feeding Northeast FloridaPresentation and Food Demo with Frances Padgett10:00 a.m.Knitting and CrochetingAll Levels Welcome 1-3 p.m. | 7**Field Trip: Wal-Mart 10:30**Card Making Class 10 a.m. | 8 Card Games w/Mary and Terry10:30 a.m.**SENIOR PROM****“A Golden Time of Day”** **PRIME OSBORNE****5:30 ~ 8:30****Advanced Ticket Purchase Required** |
| 11**Special Bingo w/ Rob** **10:30 a.m.** | 12**Blue Cypress Pool** **Water Safety Class** **Bus is Leaving at 9:15 a.m.** | 13**Field Trip: Golden Corral** **Bus is leaving at 10:30****CENTER CLOSING EARLY****FOR CAS MEETING** | 14**Special Bingo****w/Nelson from CarePlus****10:30 a.m.** | 15Card Games w/Mary and Terry10:30 -12:00 p.m. |
| 18**Field Trip: Publix 10:30** | 19Trivia 11:30  | 20**Field Trip: Senior Day at JEA****Bus is leaving at 9:30 a.m**. | 21H**ypertension Presentation and Blood Pressure Check w/Pam from Riverside Post Acute** **10:30 a.m.** | 22**Blue Cypress Pool** **Summer’s End****Free Swim! 10 ~ 12****Bus is Leaving at 9:15 a.m.** |
| 25**Field Trip: Goodwill 10:30**  | 26Convivia Medicare 10110:30 | 27Knitting and CrochetingAll Levels Welcome 1-3 p.m. | 28N**orthwest Behavorial Counseling w/Charles 10:30** | 29Card Games w/ Mary and Terry10:30-12Monthly Birthday Celebration 12 p.m. |