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 Thursdays  Chair 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 Terry  10:30 a.m. |
| 4  Nutrition Education w/ Sharon  From Senior Services  10:30 | 5  Sip and Paint with Conviva  10:30-11:45. | 6  Feeding Northeast Florida  Presentation and Food Demo  with Frances Padgett  10:00 a.m.  Knitting and Crocheting  All 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 Terry  10:30 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.** | 15  Card Games w/Mary and Terry  10:30 -12:00 p.m. |
| 18  **Field Trip: Publix 10:30** | 19  Trivia 11:30 | 20  **Field Trip: Senior Day at JEA**  **Bus is leaving at 9:30 a.m**. | 21  H**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** | 26  Convivia Medicare 10110:30 | 27  Knitting and Crocheting  All Levels Welcome 1-3 p.m. | 28  N**orthwest Behavorial Counseling w/Charles 10:30** | 29  Card Games w/ Mary and Terry  10:30-12  Monthly Birthday Celebration 12 p.m. |