BENNIE FURLONG SENIOR CENTER MAY 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)  (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 1:30p.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.  Crochet and Knitting 1 p.m.  Fit & Fab 1:30 p.m.(I)  Ballroom Dance \* 7:00 p.m.\*  \* New Start Time for Ballroom\*  (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  Bingo 11 a.m.  (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 |
| **AVAILABLE DAILY:** Beach Walk, Cards, Computers, Puzzles, Chair Volleyball **LUNCH** 12:00 p.m. | | | | |
|  |  |  | 1  **Field Trip**:  Duval County Senior Expo  Main Library  Bus leaving at 9:30 a.m. | 2  Card Games with Terry and Mary  10:30-12:00 |
| 5  Nutrition Presentation  w/ Sharon, Senior Services Dietician  10:30 a.m. | 6  Blood Pressure Screening  11:30 a.m. | 7 **Bash at the Ballfield**  **VyStar Ballpark**  **Limited Tickets Available**  **RSVP Required** | 8  Special Bingo w/Nelson  of CarePlus 10:30 a.m. | 9  Card Games with Terry and Mary  10:30-12:00 |
| 12  **Field Trip:**  Wal-Mart 10:30 a.m. | 13  Nutrition Education  11:30 a.m. | 14  **Field Trip:**  Mother’s Day Brunch at Conviva  Bus leaving at 10:15 a.m. | 15  Special Bingo w/Ireland  of Cresso Brokers  10:30 a.m. | 16  Card Games with Terry and Mary  10:30-12:00 |
| 19  Special Bingo/Presentation  w/Rob Loryea  10:30 a.m. | 20  Farmer’s Market Pop-Up  w/Nelson of CarePlus.  11 a.m. | 21  **SENIOR EXPO**  **ADAM HERBERT CENTER**  **UNF**  **Bus leaving at 10:30.** | 22  **Group Counseling w/Charles Northwest Behavorial Group** | 23  Movie and Popcorn at 10:30 a.m.  Title TBA |
| 26  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MEMORIAL DAY** | 27  **Field Trip:**  Publix 10:30 a.m. | 28  Get Up and Move  Dance Exercise  w/Diane Weaver  10:30 | 29 **Field Trip:**  Nature Walk and Picnic  w/Jim Fortuna Senior Center Jacksonville Arboretum and Botanical Gardens  Bus will leave at 9:45 a.m.  **SENIOR CENTER SHOWCASE!**  **MARY SINGLETON**  **10 a.m. - 2 p.m.** | 30  Card Games with Terry and Mary  10:30-12:00  Monthly Birthday Celebration  12:00 p.m. |