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 ThursdaysBingo 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 LibraryBus leaving at 9:30 a.m. | 2Card Games with Terry and Mary10:30-12:00 |
| 5Nutrition Presentation w/ Sharon, Senior Services Dietician10:30 a.m. | 6Blood Pressure Screening11:30 a.m. | 7 **Bash at the Ballfield****VyStar Ballpark****Limited Tickets Available****RSVP Required** | 8Special Bingo w/Nelsonof CarePlus 10:30 a.m.  | 9Card Games with Terry and Mary10:30-12:00 |
| 12**Field Trip:** Wal-Mart 10:30 a.m. | 13Nutrition Education11:30 a.m. | 14**Field Trip:**Mother’s Day Brunch at ConvivaBus leaving at 10:15 a.m.  | 15Special Bingo w/Ireland of Cresso Brokers 10:30 a.m. | 16Card Games with Terry and Mary10:30-12:00 |
| 19Special Bingo/Presentation w/Rob Loryea10:30 a.m. | 20Farmer’s Market Pop-Upw/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** | 23Movie 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. | 28Get Up and Move Dance Exercise w/Diane Weaver 10:30 | 29 **Field Trip:** Nature Walk and Picnicw/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.** | 30Card Games with Terry and Mary10:30-12:00 Monthly Birthday Celebration 12:00 p.m. |