BENNIE FURLONG SENIOR CENTER JUNE 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. | | | | |
| 2  Nutrition Education w/Sharon Senior Services Dietitian  10:30 a.m. | 3  **Presentation**  Supervisor of Elections  10:30 a.m. | 4  Knitting and Crocheting Class  All Skills Levels Welcome 1 p.m. | 5  **Presentation**: Technology Class w/Nelson from CarePlus  10:30 a.m.  Card Making Class 10 a.m. | **6**  **Field Trip:** Yard Sale  at Frances Padgett.  Bus will leave at 10:00 a.m. |
| 9  **Field Trip:** Sprouts  Bus will leave at 10:30 a.m. | 10  Special Bingo  w/ Rob Loryea 10:30 a.m. | 11  Father’s Day Celebration w/Ireland 10:30 a.m. | 12  Special Bingo w/Nelson from CarePlus 10:30 a.m. | 13  Card Games with Mary and Terry  10:30-12:00 |
| 16  **Presentation:**  Help Prevent Medicare Fraud  by Carrie Petesch w/Shine  10:30 a.m. | 17  Nutrition Education  11:30 | 18  **Field Trip:** Publix  10:30 a.m. | 19  CENTER CLOSED IN OBSERVANCE OF JUNETEENTH | 20  Tea at the Terry  Ritz Chamber Players  Voices of Freedom  Florida Blue Conference Ctr.  Bus will leave at 11:45 |
| 23  **Field Trip:** Avenues Mall for Shopping and Lunch Out  Bus is leaving at 10:15 a.m. | 24  Trivia 11:30 | 25  Crafty Corner w/Carmen  from Windsor 10:30 a.m. | 26  Northwest Behavorial  w/ Charles 10:30 a.m. | **27**  Card Games with Mary and Terry  10:30-12:00 |
| 30  Blood Pressure Check 10:30 a.m. |  |  |  |  |