BENNIE FURLONG SENIOR CENTER JULY 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  Bingo 11 a.m.  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  Trivia  11 a.m. | 2  Independence Day Celebration  w/Nelson CarePlus 11 a.m.  Knitting and Crocheting Class  All Skill Levels Welcome  1-3 p.m. | 3  Card Making 10 a.m.-12 p.m.  **Field Trip:** Wal-Mart  10:30 | 4  **CENTER CLOSED**  **IN OBSERVANCE OF**  **INDEPENDENCE DAY** |
| 7  Nutrition Education with Sharon  Topic: Healthier Fats and Oils  10:30 a.m. | 8  **\*No Spanish Class Today\***  **Field Trip:**  Cook Out andGames  Jim Fortuna 9:30 | **9**  **Presentation:**  Char Johnson Planting in Peace  10:30-12 p.m.  Knitting/Crocheting 1-3 p.m. | 10  Special Bingo w/Nelson  from CarePlus  10:30 a.m. | 11  **Blue Cypress Pool**  **Water Safety Class**  **Bus is Leaving at 9:15 a.m.** |
| 14  Blood Pressure Check 10:30 a.m. | 15  Spanish Class  10:30 a.m. | 16  **Field Trip:** Chow’s Country Buffet  Leaving at 10:30 a.m. | 17  Card Making 10 a.m.-12 p.m.  Northwest Behavorial Health w/Charles 10:30 a.m. | 18  Card Games w/Mary and Terry  10:30 –12:00 |
| 21  Oceanway Senior Center Visit “Beachwalk Tour”  10:30 a.m. | 22  **Blue Cypress Pool**  **Free Swim**  **Bus is Leaving at 9:15 a.m.** | 23  **Field Trip:**  Canning Class ~ Extension Office  Bus is leaving at 9:15 a.m. | 24  Frances Padgett Visit  “Beachwalk Tour”  Arriving 10:30 a.m. | Card Games w/Mary and Terry  10:30 –12:00 p.m.  Monthly Birthday Celebration  12:00 p.m. |
| 28  **Field Trip:** Publix 10:30 | 29  Nutrition Education  11 a.m. | 30  Knitting and Crocheting Class  All Skill Levels Welcome  1-3 p.m. | 31  Identity Theft / Fraud Prevention  Presentation by Dave w/VyStar  10:30 a.m. |  |