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 ThursdaysBingo 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. |
|  | 1Trivia 11 a.m. | 2Independence Day Celebration w/Nelson CarePlus 11 a.m. Knitting and Crocheting Class All Skill Levels Welcome 1-3 p.m. | 3Card Making 10 a.m.-12 p.m.**Field Trip:** Wal-Mart 10:30 | 4**CENTER CLOSED** **IN OBSERVANCE OF****INDEPENDENCE DAY** |
| 7Nutrition Education with SharonTopic: 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 Peace10:30-12 p.m.Knitting/Crocheting 1-3 p.m. | 10Special Bingo w/Nelsonfrom CarePlus10:30 a.m. | 11**Blue Cypress Pool** **Water Safety Class** **Bus is Leaving at 9:15 a.m.** |
| 14Blood Pressure Check 10:30 a.m. | 15Spanish Class 10:30 a.m. | 16**Field Trip:** Chow’s Country BuffetLeaving at 10:30 a.m. | 17Card Making 10 a.m.-12 p.m.Northwest Behavorial Health w/Charles 10:30 a.m. | 18Card Games w/Mary and Terry10:30 –12:00  |
| 21Oceanway 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 OfficeBus is leaving at 9:15 a.m. | 24Frances Padgett Visit“Beachwalk Tour”Arriving 10:30 a.m. | Card Games w/Mary and Terry10:30 –12:00 p.m.Monthly Birthday Celebration 12:00 p.m. |
| 28**Field Trip:** Publix 10:30 | 29Nutrition Education 11 a.m. | 30Knitting and Crocheting Class All Skill Levels Welcome1-3 p.m. | 31Identity Theft / Fraud PreventionPresentation by Dave w/VyStar 10:30 a.m. |  |