JIM FORTUNA SENIOR CENTER JULY 2025

11751 McCormick Rd – Jacksonville, FL 32225 - (904) 255-6844 Specialist – Holly Eastman Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Early Riser Walk 8 a.m.  Puzzle 8 a.m.  American History 10 a.m.  Chair exercise (V) 11:00 a.m.  Chinese Mahjong 11:30 a.m.  Quilt & Sew 12 p.m.  Chair Volleyball Free Play  12:30-2 p.m.  Bible Study 1 p.m.  Billiards Pool 2 p.m.  Senior Fitness 3 p.m. | Early Riser Walk 8 a.m.  Tai Chi 8:30 a.m. (V)  Fun Bridge 9 a.m.  (open group, all skills)  Health Class 10 a.m.  Pinochle 10 a.m.  Movie & Popcorn 12:45 a.m.  Line Dance 1 p.m.  Buddy Canasta 2 p.m.  Stretching 3 p.m. | Early Riser Walk 8 a.m.  Exercise Class (V) 8:30 a.m.  Cribbage 9:30 a.m.  Cookie Bridge 9:30 a.m.  Pinochle 10 a.m.  Lunch Trivia 11:00 a.m.  Coloring Group 12 p.m.  Team Volleyball Practice  12-1:30  Mahjong 12 p.m.  Line Dance 1 p.m.  Chair Volleyball 1:30-4 p.m. | Early Riser Walk 8 a.m.  Wood Carving 8 –11:30 a.m.  Pinochle 9 a.m.  Ladies Canasta 9:30 a.m.  Drumming Cardio 10:30 a.m.  **Bridge Too Far 10:30 a.m.**  Line Dance 1 p.m.  Buddy Canasta 2 p.m.  Sr Fitness 3 p.m. | Early Riser Walk 8 a.m.  Chair Exercise (V)8:30 a.m.  Ladies Canasta 9 a.m.  **Chinese Folk Dancing**  **9:30-11 a.m.**  **Aerobics class 11:15 a.m. (V)**  Chess 11:30 a.m.  Chinese Mahjong 12 p.m.  Table Tennis 12:30-1:30 p.m.  Chair Volleyball 1:30-3:30p.m  (V)=Video |
| **AVAILABLE DAILY-** Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Pool, Puzzles, Walking, Word Puzzles, & Educational Topics  **Breakfast Served Tuesday, Wednesday, and Thursday 9 a.m.-10 a.m.** | | | | |
|  | 1  CENTER CLOSED FOR MAINTENANCE | 2  Site Council Meeting 9 a.m. | 3  Cool Chic's Bridge 1 p.m.  (No classes after 2 p.m.) | 4  **CENTER CLOSED**  **IN OBSERVANCE OF**  **INDEPENDENCE DAY** |
| 7  Men's Coffee 10 a.m.  Members Meeting 11:00 a.m. | 8  Levi Worship Group Music 11 a.m.  Summer Party Cookout  w/ B. Furlong and Arlington  Hosted by Nelson w/CarePlus  11:30 a.m. | 9  **Field Trip:**  Visiting New Senior Center ~  Pine Forest 9:30 a.m.  Cool Chic’s Bridge 1:00 p.m. | 10  Encompass Health on Arthritis  11:30 a.m. | 11  **Summer Swim**  **Blue Cypress Pool**  **Water Safety 11 a.m.**  Carrie w/Shine 11:30 a.m. |
| 14  Men's Coffee 10 a.m.  Technology 101 w/CarePlus  10:30 a.m. | 15  PAL Food Giveaway 9 a.m.  Craft Class w/Carmen  11 a.m.  Canasta Gals 11 a.m. | 16  **Field Trip:**  Bridge the Gap 9:30 a.m. | 17  Food Pantry w/CarePlus 11:30 a.m. | 18  National Ice Cream Day  Pick Your Favorite! $2 12 p.m.  Entertainment w/Latina Singer “Lizzie” 12:15 p.m.  Spanish Class 1 p.m. |
| 21  Men's Coffee 10 a.m. | 22 **Summer Swim**  **Free Swim 10 a.m.**  David Koblen ~ Clarity Coach “Purpose” as Key to Aging Well  11 a.m.  Lunch Out: TBD  12 p.m. \*\*No Bus\*\* | 23  Nutrition Education with Sharon  Topic: Healthier Fats and Oils  10:30 a.m.  Wacky Wednesday Salads 12 p.m.  Cool Chic’s Bridge 1:00 p.m. | 24  Patient Advocate  Understood Care w/Deborah  11:30 a.m. | 25  Tai Chi w/Charles  10:30 a.m.    Birthday Celebration 12 p.m. |
| 28  Men's Coffee 10 a.m. | 29  **Summer Swim**  **Aqua Aerobics 10 a.m.**  Canasta Gals 11 a.m.  Megan of Archwell  BINGO and Treats 11 a.m. | 30  Florida Blue w/ Brenda  11 a.m.  Cool Chic’s Bridge 1:00 p.m. | 31  **Field Trip:**  Shopping at Fresh Field Farms  9:30 a.m. \*sign up\* |  |