

# PINE FOREST SENIOR CENTER



# SEPTEMBER 2025

4035 Grant Road Jacksonville, FL 32246 Specialist: Heidi Ford Phone: 904-255- 6230

Monday – Friday ~ 8 a.m. to 5 p.m.

| MONDAY                                 | TUESDAY                                 | WEDNESDAY  | THURSDAY                | FRIDAY   |
|--|---|--|-------------------------|--|
| 9:00 a.m. Chair Exercise with Veronica | 10:00 a.m. Historical Religious Studies | 9:00 a.m. WALKING CONDITIONING<br><br>5:30pm – 7:30pm Line Dancing<br><br>1 <sup>st</sup> Wed. of Every Month ~ Bingo<br><br>2 <sup>nd</sup> Wed. of Every Month<br>Craft Day with Chris | 10:00 a.m. Crochet Club | 9:00 a.m. WALKING CONDITIONING<br><br>10:00 a.m. Chair Exercise<br><br>Birthday Celebration!<br>Last Friday of Every Month |

AVAILABLE DAILY: BREAKFAST: 9 a.m. T-W-TH LUNCH: 12 p.m. M - F

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|---|---|---|--|--|
| 1<br>CENTER CLOSED<br>IN OBSERVANCE OF<br>LABOR DAY   | 2<br>Her Heart Senior Living Presentation<br>11:00 a.m.   | 3<br>Super Bingo 9:00 a.m. – 10:00 a.m.<br><br>Bowling Field Trip 10:30 a.m.<br>Bowling 11 a.m. – Noon  | 4<br>Northwestern Behavior Presentation<br>1:00 p.m.   | 5<br>Site Council Voting<br>10 – 12:00 p.m.  |
| 8<br>Living Well Food Pantry<br>and Presentation by Nelson<br>with Care Plus 11:00 a.m.             | 9<br>1 <sup>st</sup> Site Council Meeting<br>11:00 a.m.   | 10<br>Craft Day with Chris 9 a.m.<br><br>Field Trip to Bridge the Gap<br>9:30 a.m.  | 11<br>POP UP Bingo w/Karen Britt<br>Sponsored by ArchWell  | 12<br>Importance of Patient Advocacy<br>10:00 a.m.   |
| 15<br>Publix Field Trip 10:00 a.m.  | 16<br>Facts and Myths with Community<br>Hospice<br>11:00 a.m.   | 17<br>Planted in Peace Art and Plant Therapy<br>Class 10:00 a.m.  | 18<br>Center Site Council<br>Meet and Greet Q&A 11:00 a.m.   | 19   |
| 22 <u>Senior Spirit Week</u><br><br>Walk the Mall Exercise<br>Avenues Mall Field Trip<br>10:30 a.m. | 23 <u>Senior Spirit Week</u><br><br>Jaguar Day!<br>Show Your Jags Support<br>Wear the Team Colors<br>11:00 a.m.<br>Line Dance with Karen Britt<br>Sponsored by ArchWell | 24 <u>Senior Spirit Week</u><br><br>Nutrition Ed with Sharon 9:00 a.m.  | 25 <u>Senior Spirit Week</u><br><br>Throw Back Thursday<br>Dress in Your Favorite Era<br><br>Old School Bingo 10:30<br>Sponsored by Dedicated Senior<br><br>CENTER CLOSES AT 3:00<br>SENIOR SERVICES OPEN HOUSE<br>SOUTHSIDE CENTER<br>5:30 – 7:30 | 26 <u>Senior Spirit Week</u><br><br>Birthday Celebration<br>Sponsored by Nelson<br>with CarePlus 11 a.m.<br><br>Senior Games Begin!  |
| 29<br>Winn Dixie Field Trip<br>10:00 a.m.   | 30<br>Senior Eye Care Presentation<br>11:00 a.m.  | <br>KICK OFF TO<br>WALKING CLUB! 9:00 a.m. ALL OF<br>SEPTEMBER<br>WALKING CONDITIONING,<br>WEDNESDAY & FRIDAY |  | <br>GET YOUR WALK ON WITH COACH<br>LINDA!!<br>9:00 a.m.<br>INDOOR WALKING TRAINING<br>ALL OF SEPTEMBER! |