

PINE FOREST SENIOR CENTER

OCTOBER 2025

4035 Grant Rd. Jacksonville, FL 32207 Specialist: Heidi Ford

Phone: 904-255- 6230

Monday – Friday ~ 8 a.m. to 5 p.m.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Beginning at 9:00 a.m. Games | Beginning at 9:00 a.m. Games | Beginning at 9:00 a.m. Games | Beginning at 9:00 a.m. Games | Beginning at 9:00 a.m. Games |
| BREAKFAST: 9 a.m. T-W-TH | | LUNCH: 12 p.m. M – F | Must sign up to receive meals. / Activities are Subject to Change | |
| | | 1 Bingo 10:00 a.m. – 11:00 a.m. Nutrition with Sharon 11:00 a.m. 5:30 p.m. – 7:30 p.m. Line Dancing | 2 10:00 a.m. Crochet Club Walmart outing 11:00 a.m. | 3 9:00 a.m. Walking Club with Coach Linda Limitless Painting Class 10:00 a.m. |
| 6 9:00 a.m. Chair Exercise with Veronica “Because There is No Friday” w/Clarity Coach, David Kobelin 10:30 a.m. | 7 10:00 a.m. Historical Religious Studies Lunch Ladies Outing Golden Corral 11:00 a.m. Bus Departs ~ 10:30 a.m. | 8 Bridge the Gap 9:30 a.m. CENTER CLOSES EARLY FOR CAS MEETING 5:30 p.m. – 7:30 p.m. Line Dancing | 9 10:00 a.m. Crochet Club Music Trivia with Karen Sponsored by Archwell 11:00 a.m. Senior Blue Gala Hosted by Will Thorpe Karaoke Mary Singleton 10 ~ 2 | 10 9:00 a.m. Walking Club with Coach Linda |
| 13 9:00 a.m. Chair Exercise with Veronica Field Trip Picnic at the Pumpkin Patch 10 a.m. Bus leaves at 9:30 | 14 Historical Religious Studies 9:30am Produce Give Away Sponsored by Mere Benefits 10:30 –12:30 p.m. | 15 5:30 p.m. – 7:30 p.m. Line Dancing | 16 10:00 a.m. Crochet Club Life Quest – Understanding Organ Donations 11:00 a.m. | 17 9:00 a.m. Walking Club with Coach Linda Pop Up Bingo with Dedicated Senior 10:30 a.m. |
| 20 9:00 a.m. Chair Exercise with Veronica Field Trip Winn Dixie 10:00 a.m. | 21 10:00 a.m. Historical Religious Studies Historical Society Archive Bus Departs ~ 10 a.m. | 22 Line Dance w/Karen Britt Sponsored by Archwell Q&A ~ Medicare Coverage 10:00 a.m. 5:30 p.m. – 7:30 p.m. Line Dancing | 23 Tecnology Class Seniors On a Mission 9:00 a.m. – 1 p.m. *Sign Up* | 24 9:00 a.m. Walking Club with Coach Linda Arboretum and Gardens Fall In Love with Nature Hike and Stroll 10 ~ 12 |
| 27 9:00 a.m. Chair Exercise with Veronica | 28 No Historical Religious Study Wii Bowling Rematch Opponents ~ Lane Wiley 10:00 a.m. | 29 Fall Resource Festival Extension Office 10 ~ 12 | 30 10:00 a.m. Crochet Club Site Council Meeting 11:00 a.m. | 31 Halloween Birthday Celebration! 11:30 a.m. Sponsored by |