

PINE FOREST SENIOR CENTER

4035 Grant Rd. Jacksonville, FL 32207

Specialist: Heidi Ford

Phone: 904-255- 6230

NOVEMBER 2025

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily</u> Members Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members Choice Cards Table Games Chair Volleyball	<u>Daily</u> Members Choice Cards Table Games Chair Volleyball
BREAKFAST: 9 a.m. M ~ F LUNCH: 12 p.m. M – F MUST SIGN UP FOR MEALS ACTIVITIES SUBJECT TO CHANGE				
3 Chair Exercise w/Veronica 9:00 a.m. Unlock the Power of AI TDM Technologies 10:00 a.m.	4 Historical Religious Studies 10:00 a.m. Lunch Ladies Outing Sweet Petes Bus Departs ~ 10:15 a.m.	5 Walking Club 9:00 a.m. Farmers Market Hosted by Eldersource Mary Singleton 8 ~ 1 5:30 – 7:30 p.m. Line Dancing	6 Crochet Club 10:00 a.m. Nutrition with Dietician, Sharon 11:00 a.m.	7 Walking Club 9:00 a.m. Paint and Sip w/Conviva 10-11:30 a.m.
10 Chair Exercise w/Veronica 9:00 a.m. Publix Outing 10:30 a.m. Music Trivia w/Dedicated Senior 11:00 a.m.	11 CENTER CLOSED FOR VETERANS DAY	12 Walking Club 9:00 a.m. Bridge the Gap 9:30 a.m. Center Closed for Meeting 2:00 - 5:30 p.m. 5:30 – 7:30 p.m. Line Dancing	13 Crochet Club 10:00 a.m. Author/Comedian Carolyn Meyer Mary Singleton 10:30 ~ 12:30	14 Walking Club 9:00 a.m. Turkey Giveaway! Sponsored by The Doctors Center
17 Chair Exercise w/Veronica 9:00 a.m. Beach Outing w/Bennie Furlong Jacksonville Beach Beach Walk and Shell Collecting Fishing Poles and Bait Available Food Distribution Sponsored by Catholic Charities 10:00 a.m.	18 Lunch and Learn Thanksgiving Luncheon 10:00 a.m. – 1:00 p.m.	19 Walking Club 9:00 a.m. JEA Day at Charlie Joseph Center Time – 10:00am 5:30 – 7:30 p.m. Line Dancing	20 *Site Council Meeting 9:00 a.m. *Crochet Club 10:00 a.m. *Northwest Behavioral Health 12:30 p.m. SENIOR EXPO ADAM HERBERT CENTER UNF 10-12	21 Walking Club 9:00 a.m. 7 th Annual Joan Turner Luncheon 11 ~ 2 / Southbank Hotel
24 Chair Exercise w/Veronica 9:00 a.m. Walmart Outing 10:30 a.m.	25 Historical Religious Studies 10 a.m. VyStar Presentation 11 a.m.	26 Center Closing at 2:00 p.m. No Line Dancing	27 CENTER CLOSED FOR THANKSGIVING HOLIDAY	28 CENTER CLOSED FOR THANKSGIVING HOLIDAY