

PINE FOREST SENIOR CENTER

4035 Grant Rd. Jacksonville, FL 32207

Specialist: Heidi Ford

Phone: 904-255- 6230

DECEMBER 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	
1 Chair Exercise with Veronica 9:00 a.m. Cyber Scams w/TDM Technology 10:00 a.m.	2 Historical Religious Studies 10:00 a.m. Lunch Ladies Outing European Street Cafe 11:00 a.m.	3 Walking Club 9:00 a.m. Free Legal Information Group Presentation 11:00 a.m. Line Dancing Holiday Party 4:00 p.m.	4 Crochet Club 10:00 a.m. Nutrition Ed with Sharon 11:00 Topic “Fight Food Waste” Vision Board Project w/ Kim 12:30 p.m.	5 Walking Club 9:00 a.m. Understanding Liver Disease and Transplants 10:00 a.m. Holiday Ornament Decorating w/Archwell 1:00 p.m.
8 Chair Exercise with Veronica 9:00 a.m. Winn Dixie Outing 10:30 a.m.	9 Historical Religious Studies 10:00 a.m. Jacksonville Zoo Colors of the Wild 10 ~ 12:30	10 Walking Club 1:00 p.m. Bridge the Gap 9:00 a.m. Center Closes at 2pm (No Line Dancing)	11 Crochet Club 10:00 a.m. H.O.C.P.R CPR Class 10:30 a.m.	12 Walking Club 9:00 a.m. VyStar Presentation 11:00 a.m.
15 Hanukkah Begins Gingerbread Extravaganza Outing 10 a.m. – 11:30 a.m.	16 Historical Religious Studies 9:00 a.m. Fall Prevention 10:00 a.m. Holiday Music Bingo 11:15 a.m. Sponsored by Devoted Health Vision Board Project Class w/Kim 12:30 p.m.	17 Walking Club 9:00 a.m. Line Dancing Holiday Party 4:00 p.m.	18 Crochet Club 10:00 a.m. Gingerbread House Craft sponsored by Florida Blue 10:00 a.m. - 12:00 p.m. NW Behavior 12:30 p.m. Site Council Meeting 1:00 p.m.	19 Birthday Celebration Chair Exercise w/Veronica 9:00 a.m. Hanukkah Presentation 10:30 a.m. Holiday Trivia w/Archwell 1:00 p.m.
22 Chair Exercise with Veronica 9:00 a.m. Walmart Outing 10:30 a.m.	23 Historical Religious Studies 10:00 a.m. American Care Food Give Away 11:00 a.m. Center Closes at 2 p.m.	24 CENTER CLOSED FOR THE HOLIDAY	25 CENTER CLOSED FOR THE HOLIDAY	26 Kwanzaa Begins Pajama Day! Wear your Holiday PJ's Walking Club 9:00 a.m. Kwanzaa Presentation 10:00 a.m.
29 Chair Exercise with Veronica 9:00 a.m. UF Health Sponsored Health Screenings 11:30 a.m.	30 Historical Religious Studies 10:00 a.m. Fire Drill	31 NEW YEARS EVE (No Line Dancing)		HOLIDAY FESTIVAL PRIME OSBORN SATURDAY DEC. 6TH TICKET PURCHASE REQUIRED