PINE FOREST SENIOR CENTER JUNE 2025

4035 Grant Road Jacksonville, FL 32207 Specialist: **Heidi Ford**  Phone: 904-255- 6230 Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games10:00 a.m. Chair Exercise  | 8:30 a.m. Puzzles / Brain Games 9:30 a.m. Chair Yoga**Every Tuesday June & July****Senior Swim Time** **Henry T. Jones** **Community Pool** **11:15am –12:45pm****3rd Tue. of Every Month**  **Tia Chi 10:00 a.m.** | 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games10:00 a.m. Chair Exercise**1st Wed. of Every Month - Bingo****2nd Wed. of Every Month** **Craft Day with Chris**  | 8:30 a.m. Puzzles / Brain Games9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games10:00 a.m. Chair Exercise**Last Friday of Every Month Birthday Celebration**  |
| **AVAILABLE DAILY:**  **BREAKFAST: 9 a.m. T-W-TH LUNCH: 12** **p.m. M - F** |
| 2 | 3 | 4 Bingo 9 a.m. – 11 a.m.  | 5 | 6D-Day Normandy Trivia 11:30 a.m. |
| 9 **National Men's Health Week****Field Trip** Aldi Grocery 10:30 a.m.  | 10AARP Presentationfor \*National Men's Health Week\* 10:00 a.m.**Senior Swim Time** 11:15 –12:45 | 11Craft Day w/Chris 9:30 a.m.Improve Your Voice Presentation for **\***National Men's Health Week\*10:00 a.m. | 12Encompass Health Presentation for \*National Men's Health Week\*10:00 a.m. | 13 |
| 16**National Fresh Veggies Day**Nutrition Education w/Sharon Sr. Services Dietician9 a.m.**Field Trip w/Sharon**Fresh Fields Farmers Market 10:00 a.m. | 17Tai Chi 10:00 a.m.**Senior Swim Time** 11:15 –12:45 | 18 | 19CENTER CLOSED IN OBSERVANCE OF JUNETEENTH | 20**Tea at the Terry****Ritz Chamber Players****Voices of Freedom****Florida Blue Conference Ctr.**  **1:00 – 2:00** |
| 23 | 24**Senior Swim Time** 11:15 –12:45 | 25Global Beatles Day Trivia 11:30 a.m. | 26**Field Trip**Walmart 10:30 a.m.  | 27Birthday Celebration 11:00 a.m. |
| 30 |  |  |  |  |