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 Club  8:30 a.m. Puzzles / Brain Games  10:00 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 Club  8:30 a.m. Puzzles / Brain Games  10:00 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 Games  9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club  8:30 a.m. Puzzles / Brain Games  10:00 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 | 6  D-Day Normandy Trivia  11:30 a.m. |
| 9 **National Men's Health Week**  **Field Trip**  Aldi Grocery 10:30 a.m. | 10  AARP Presentationfor  \*National Men's Health Week\* 10:00 a.m.  **Senior Swim Time**  11:15 –12:45 | 11  Craft Day w/Chris 9:30 a.m.  Improve Your Voice Presentation for **\***National Men's Health Week\*  10:00 a.m. | 12  Encompass 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. | 17  Tai Chi 10:00 a.m.  **Senior Swim Time**  11:15 –12:45 | 18 | 19  CENTER 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 | 25  Global Beatles Day Trivia  11:30 a.m. | 26  **Field Trip**  Walmart 10:30 a.m. | 27  Birthday Celebration 11:00 a.m. |
| 30 |  |  |  |  |