PINE FOREST SENIOR CENTER JULY 2025

Jacksonville, FL 32246 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 Yoga10:00 a.m. Bible Study**June & July - Every Tuesday****Senior Swim Time** **Henry T Jone Community Pool** **11:15 a.m. –12:45 p.m.****3rd Tue. of every month – Tai Chi** | 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 Yoga10:00 a.m. Crochet Club  | 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** |
| **World Watercolor Month****Enjoy** **Watercolor Crafts and Activities** **All Month Long**  | 1**1st Day of Bible Study**International Reggae DayEnjoy Reggae Music, All Day Long 11:15 a.m. –12:45 p.m.Senior Swim TimeTiki Time Smoothies at the Pool with Brenda, Jen and Dina of Florida Blue | 29:00 – 11:00 a.m. Bingo | 3**1st Day of Crochet Club**Nutrition Education w/Sharon Healthy Fats and Oils 11:00 a.m. | 4**CENTER CLOSED** **IN OBSERVANCE OF** **INDEPENDENCE DAY** |
| 7 | 810:00 a.m. Watercolor Artist Movie11:15 a.m. –12:45 p.m. Senior Swim Time | 9**Welcome Jim Fortuna** **Senior Center!!**9:30 a.m. Craft Day with Chris | 10 | 11**Field Trip:** **Blue Cypress Pool****Water Safety 11 a.m.** |
| 14**Watercolor Week:** **Spend the week working on your watercolor art projects.** | 1510:00 a.m. Tai Chi11:15 a.m. –12:45 p.m. Senior Swim Time | 16 | 17**10:30 a.m. Walmart Fieldtrip** | 18 |
| 21**Pine Forest Watercolor Art Exhibition 21st - 31st** | 2211:15 a.m. –12:45 p.m. Senior Swim Time | 23**National Ice Cream Day**10:00 a.m. Ice Cream Buffet Sponsored by Archwell Health | 24 | 25Birthday Celebration 11:00 a.m. |
| 28 | 2910:30 a.m. Aldi Field Trip**Summer Swim****Blue Cypress Pool****Aqua Aerobics 11 a.m.**11:15 a.m. –12:45 p.m. Senior Swim Time (Local Pool)  | 30 | 31Technology Pop Up Classes10 a.m. – 12:30 p.m. |  |