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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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  10:00 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 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  10:00 a.m. Crochet Club | 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** | | | | |
| **World Watercolor Month**  **Enjoy**  **Watercolor Crafts and Activities**  **All Month Long** | 1  **1st Day of Bible Study**  International Reggae Day  Enjoy Reggae Music, All Day Long  11:15 a.m. –12:45 p.m.  Senior Swim Time  Tiki Time Smoothies at the Pool with Brenda, Jen and Dina of Florida Blue | 2  9:00 – 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 | 8  10:00 a.m. Watercolor Artist Movie  11:15 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.** | 15  10:00 a.m. Tai Chi  11:15 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** | 22  11:15 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 | 25  Birthday Celebration 11:00 a.m. |
| 28 | 29  10:30 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 | 31  Technology Pop Up Classes  10 a.m. – 12:30 p.m. |  |