PINE FOREST SENIOR CENTER AUGUST 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 Games9:00 a.m. Chair Exercisew/ Veronica | 8:30 a.m. Puzzles / Brain Games 10:00 a.m. Bible Study**3rd Tue. of Every Month –** **Tai Chi** | 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games**5:30pm – 7:30pm Line Dancing** **1st Wed. of Every Month - Bingo****2nd Wed. of Every Month –****Craft Day with Chris**  | 8:30 a.m. Puzzles / Brain Games10:00 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** |
|  |  |  |  | 110:30 a.m. Aldi Field Trip**Free Swim at Blue Cypress Pool****10 a.m. - Noon** |
| 4Chair Exercise w/Veronica9:00 a.m.Purpose as Key to Aging Well w/Clarity Coach, David Kobelin Presentation 11:00 a.m. | 5 | 6Super Bingo 10:00 – 11:30 a.m.**1st Day for Evening Line Dancing 5:30 – 7:30pm**  | 7Pine Forest Site Council Information Day!! 11:00 a.m.  | 8**SENIOR PROM****“A Golden Time of Day”** **PRIME OSBORNE****5:30 ~ 8:30** |
| 11Chair Exercise w/Veronica9:00 a.m.10:30 a.m. Walmart Field Trip | 12Jewelry Making with Lakisa 11:00 a.m.**Blue Cypress Pool****Water Safety 11 a.m.** | 13Craft Day with Chris 9:30 a.m.**Evening** Line Dancing 5:30 – 7:30 p.m. **CENTER CLOSING EARLY** **FOR CAS MEETING** | 14Pine Forest Site Council Nominations Due!!!  | 15Feeding Northeast FloridaEducation and Food Demo **Blue Cypress Pool****Free Swim****11 a.m.** |
| 18Chair Exercise w/ Veronica9:00 a.m.Nutrition Education with Sharon 10:00 a.m. | 19Tai Chi 10:00 a.m.**Aqua Aerobics Blue Cypress Pool 11:00 – 12:00** | 20**Aircraft Heritage Park Field Trip** 9:30 a.m.**Evening** Line Dancing 5:30 – 7:30 p.m. | 21**Field Trip:**Wii Bowling Competition at Lane Wiley 9:30 a.m. | 22**Blue Cypress Pool** **Summer’s End****Free Swim! 10 ~ 12**  |
| 25Chair Exercise w/Veronica9:00 a.m.Natl. Secondhand Wardrobe Day! Clothing Swap! Bring Clothes ~ Take Clothes10 a.m. – 1:00 p.m. | 26**Blue Cypress Pool** **Aqua Aerobics Class 11 a.m.** | 27**Evening** Line Dancing5:30 – 7:30 p.m.**Field Trip:****Bridge the Gap 9:30 a.m.** | 28 | 29Happy Birthday Celebration Sponsored by Sanitas Medical Center |