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 Club  8:30 a.m. Puzzles / Brain Games  9:00 a.m. Chair Exercise  w/ 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 Club  8:30 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 Games  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** | | | | |
|  |  |  |  | 1  10:30 a.m. Aldi Field Trip  **Free Swim at Blue Cypress Pool**  **10 a.m. - Noon** |
| 4  Chair Exercise w/Veronica  9:00 a.m.  Purpose as Key to Aging Well w/Clarity Coach, David Kobelin Presentation 11:00 a.m. | 5 | 6  Super Bingo 10:00 – 11:30 a.m.  **1st Day for Evening Line Dancing 5:30 – 7:30pm** | 7  Pine Forest Site Council Information Day!! 11:00 a.m. | 8  **SENIOR PROM**  **“A Golden Time of Day”**  **PRIME OSBORNE**  **5:30 ~ 8:30** |
| 11  Chair Exercise w/Veronica  9:00 a.m.  10:30 a.m. Walmart Field Trip | 12  Jewelry Making with Lakisa 11:00 a.m.  **Blue Cypress Pool**  **Water Safety 11 a.m.** | 13  Craft Day with Chris 9:30 a.m.  **Evening** Line Dancing  5:30 – 7:30 p.m.  **CENTER CLOSING EARLY**  **FOR CAS MEETING** | 14  Pine Forest Site Council Nominations Due!!! | 15  Feeding Northeast Florida  Education and Food Demo  **Blue Cypress Pool**  **Free Swim**  **11 a.m.** |
| 18  Chair Exercise w/ Veronica  9:00 a.m.  Nutrition Education with Sharon  10:00 a.m. | 19  Tai 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** |
| 25  Chair Exercise w/Veronica  9:00 a.m.  Natl. Secondhand Wardrobe Day! Clothing Swap!  Bring Clothes ~ Take Clothes  10 a.m. – 1:00 p.m. | 26  **Blue Cypress Pool**  **Aqua Aerobics Class 11 a.m.** | 27  **Evening** Line Dancing  5:30 – 7:30 p.m.  **Field Trip:**  **Bridge the Gap 9:30 a.m.** | 28 | 29  Happy Birthday Celebration  Sponsored by Sanitas Medical Center |