PINE FOREST SENIOR CENTER MAY 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  and Brain Games  10:00 a.m. Chair Exercise | 8:30 a.m. Puzzles  and Brain Games  9:00 a.m. Chair Yoga  **3rd Tue. Every Month –**  **Tia Chi** | 8:30 a.m. Walking Club  8:30 a.m. Puzzles and 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  and Brain Games  9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club  8:30 a.m. Puzzles and 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.** | | | | |
|  |  |  | 1  Kentucky Derby Crafts  9:00 – 11:00 a.m. | 2 [**Kentucky Derby**](https://www.bing.com/ck/a?!&&p=a0b11771f5290c3b035697783b135725b84e0154cb49d33e85d0b44c5a2c67f4JmltdHM9MTc0Mjc3NDQwMA&ptn=3&ver=2&hsh=4&fclid=3ad6df96-a30d-64c3-3b47-ca2fa2b365bf&psq=fun+holidays+in+may+2025&u=a1aHR0cHM6Ly9hbmdpZWdlbnNsZXIuY29tL21heS1ob2xpZGF5cy8&ntb=1) **Fun Day** |
| 5 **Cinco de Mayo** | 6 | 7  **Bash at the Ballfield**  **VyStar Ballpark**  **Limited Tickets Available**  **RSVP Required**  Super Bingo 9:00 a.m. – 11:00 a.m. | 8 | 9  Muffins in May  Mother’s Day Celebration  9:00 a.m. – 11:00 a.m.  Come Enjoy Muffins and Crafts |
| 12  **Field Trip** **– Aldi**  Bus leaves at 10:30 a.m. | 13 | 14 **National Chicken Dance Day**  Craft Day with Chris 9:30 a.m. | 15 | 16 **Honor Our LGBT Elders' Day** |
| 19 | 20  **Blue Jeans Day**  “Wear Denim”  **Tia Chi 10 a.m.** | 21  **SENIOR EXPO**  **ADAM HERBERT CENTER**  **UNF 10-12**  **(Day attending – TBD)** | 22  **SENIOR EXPO**  **ADAM HERBERT CENTER**  **UNF 10-12**  **(Day attending – TBD)** | 23 |
| 26  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MEMORIAL DAY** | 27  **Women's Golf Day**  Indoor Putt-Putt 9:30 a.m. | 28  **National Senior Health & Fitness Day**  **UNF Presents:**  “Diet and Alzheimer's ~ Decrease Your Risk” **10:00 a.m.** | 29  **Field Trip** **– Walmart**  Bus leaves at 10:30 a.m.  **SENIOR CENTER SHOWCASE!**  **MARY SINGLETON**  **10 a.m. - 2 p.m.** | 30  May Birthday Celebration  9:00 a.m. – 11:00 a.m. |