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 Club8:30 a.m. Puzzles and Brain Games10:00 a.m. Chair Exercise  | 8:30 a.m. Puzzles and Brain Games9:00 a.m. Chair Yoga**3rd Tue. Every Month –** **Tia Chi** | 8:30 a.m. Walking Club8:30 a.m. Puzzles and 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. Puzzlesand Brain Games9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club8:30 a.m. Puzzles and 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.** |
|  |  |  | 1Kentucky 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 | 9Muffins in MayMother’s Day Celebration9:00 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.** | 30May Birthday Celebration 9:00 a.m. – 11:00 a.m.  |