

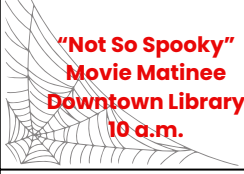
Pine Forest Senior Center

4035 Grant Road
Jacksonville, FL 32207

(904) 255-6230 | Specialist: Heidi Ford

Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cards Table Games Chair Volleyball Loom Hat weaving 10:00 a.m.	Cards Table Games Chair Volleyball Loom Hat weaving 10:00 a.m.	Walking Club 9am Cards Table Games Chair Volleyball Loom Hat weaving 10:00 a.m.	Cards Table Games Chair Volleyball Loom Hat weaving 10:00 a.m.	Walking Club 9am Cards Table Games Chair Volleyball Loom Hat weaving 10:00 a.m.
Breakfast Served Daily at 9 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor			1 Nutrition Education: "Improving Your Health Literacy w/ Heidi 11:00 a.m.	2 Movie Day! The Illusionist 10 a.m. 
5 Chair Exercise 9:30 a.m. Outing: Winn Dixie 10:30 a.m. 	6 Historical Religious Studies 10 a.m. Music Bingo 11 a.m.	7 Feeding NE Florida Food Demo 10:30am Line Dancing 5 p.m.	8 Sip and Craft Painting Pumpkins 11 p.m. 	9 Outing: Zoo w/Leroy Clemons 10 a.m. – 2 p.m.
12 Chair Exercise 9:30 a.m. Presentation: Home Helpers Home Care 11 a.m. 	13 Historical Religious Studies 10 a.m.	14 Outing: Bridge the Gap 10 a.m. Center Closes at 2 p.m. Line Dancing 5 p.m.	15 NW Behavior Group Session with Charles 10:30 a.m.	16 Breast Cancer Awareness Day Wear Pink! Trivia 10 a.m.  Information Session with Elizabeth from Devoted 10:30 a.m.
19 Fall Festival Fundraiser 10 a.m. 	20 Historical Religious Studies 10 a.m. "Not So Spooky" Movie Matinee Downtown Library 10 a.m. 	21 Outing: Pickleball at Aspire Gym 10:00 – 11:30 a.m. Line Dancing 5 p.m.	22 Last day to nominate a board member for Pine Forest Site Council.	23 Halloween Bingo w/Archwell 11 a.m. 
26 Chair Exercise 9:30 a.m. Site Council Voting Week! Review Board Nominees 10:30 a.m. 	27 Historical Religious Studies 10 a.m. Musical Bingo w/Archwell 11 a.m. Voting 9 a.m. – 2 p.m. 	28 Voting 9 a.m. – 2 p.m. Outing: Lotte Plaza Market 10 a.m. Line Dancing 5:00 p.m. 	29 Voting 9 a.m. – 2 p.m. 	30 Halloween Party 10 a.m. Voting 9 a.m. – 2 p.m.  