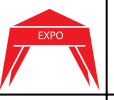
Pine Forest Senior Center

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.
2 **Chair Exercise** **9:30 a.m.** **Billiards Club at** **Henry T. Jones Center** **10 a.m.**	**3** **Historical Religious Studies** **10 a.m.** **Chair Tai Chi w/Convivia** **11 a.m.**	**4** **Senior Expo Adam Herbert Center UNF** **10 - 12 p.m.** **Line Dancing** **5 p.m.** 	**5** **Sewing Class** **10:30 a.m.** **Billiards Club at Henry T. Jones Center** **10 a.m.**	**6** **Outdoor Pickleball at Henry T. Jones Center 10 a.m.** **Nutrition Education: Diabetes and Food How Food Affects Blood Glucose w/Heidi** **11 a.m.**
9 **Chair Exercise** **9:30 a.m.** **Trivia w/Archwell** **10:30 a.m.** **Outing: Publix** **11 a.m.**	**10** **Historical Religious Studies** **10 a.m.** **Music Bingo w/Archwell** **11 a.m.** 	**11** **Closed in Observance of** 	**12** **Sip and Craft: Diamond Art** **10 p.m.** **Billiards Club at** **Henry T. Jones Center** **10 a.m.**	**13** **Outdoor Pickleball at Henry T. Jones Center** **10 a.m.** **Dissolving Diabetes Program w/Debra** **11 a.m.**
16 **JTA Information Session** **10 a.m.** **Billiards Club at** **Henry T. Jones Center** **10 a.m.**	**17** **No Historical Religious Studies** **Autumn Movie Matinee** **Downtown Library** **10 a.m.**	**18** **Pickleball** **10 – 11:30 a.m.** **Aspire Gym** **Line Dancing** **5 p.m.**	**19** **NW Behavior Group Discussion w/Charles** **10:30 a.m.** **Outing: Joan Turner Luncheon** **10:15 a.m.**	**20** **Thanksgiving Trivia** **10:30 a.m.** **Site Council Meeting** **11 a.m.** **Tea at the Terry Ritz Chamber Players at J.U.** **12:30 – 2 p.m.**
23 **Chair Exercise** **9:30 a.m.** **Outing: Walmart** **10:30 a.m.** **Billiards Club at** **Henry T. Jones Center** **10 a.m.**	**24** **Thanksgiving Luncheon** **11 a.m.**	**25** **No Line Dancing Today**	**26** **Closed in Observance of** 	**27** **Closed in Observance of** 
30 **Chair Exercise 9:30 a.m.** **Billiards Club at** **Henry T. Jones Center** **10 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**	