

Bennie Furlong Senior Center

281 19th Avenue South
Jacksonville Beach, FL 32250
(904) 255-6730 | Specialist: Dawn Avery
Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise 9:30am (V) Line Dance Class 1:30pm (I)	Tai Chi Class 9:30am (V) Spanish Class 10:30am (I) Mexican Bingo 12:30pm Fit & Fab 1:30pm (I)	Chair Exercise 9:30am (I) Bible Study 10:30am Triominos 10:30am Crochet & Knitting 1 pm Fit & Fab 1:30pm (I) Ballroom Dance 7:00pm	Tai Chi Class 9:30am (V) Card Making 10am (1st & 3rd Thursdays)	Chair Exercise 9:30am (V) Card Games 10:30am Fit & Fab 1:30pm (I)
	1 Outing: Publix 10:30 a.m.	2 *Triominos* 10:30 a.m. 	3 Presentation: Identity Theft and Fraud by Dave w/VyStar 10:30 a.m.	4 Card Games 10:30
7 CENTER CLOSED 	8 Blood Pressure Check 9:15 a.m. 	9 *Triominos* 10:30 a.m. 	10 Tai Chi w/Charles from Conviva 9:30 a.m. Bingo w/Nelson of Careplus 10:30 a.m.	11 Cards Games 10:30
14 Chair Volleyball w/Nelson from CarePlus 10:30 a.m.	15 Mexican Bingo 12:30 p.m. 	16 Outing: JEA Senior Day Bus Departs 9:30 a.m. 	17 Special Bingo w/Rob of Bradshaw Insurance 10:30 a.m.	18 Chair Yoga with Marisa 9:30 a.m.
21 Hands Only CPR Training by Doug Riggs w/Red Cross 10:30 a.m. 	22 Outing: Flea Market at Oceanway Senior Center Bus Departs 9:15 a.m.	23 *Triominos* 10:30 a.m. 	24 Group Counseling w/Charles of Northwest Behavior 10:30 a.m.	25 Nutrition Education 11 a.m. Birthday Celebration w/Charles and Nelson 12 p.m. 
28 Outing: Cook-Out Restaurant 10:30 a.m.	29 Outing: Jacksonville Senior Expo at Shultz Center Bus Departs 9:30 a.m.	30 Celebrating Senior Center Month w/Charles from Conviva 10:30 a.m. No Bible Study or Triominos Today!	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	