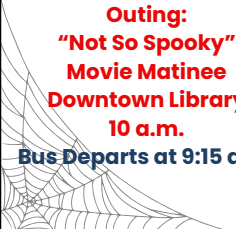


Bennie Furlong Senior Center

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 10:30 a.m. 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)
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 Outing: Walmart Bus Departs at 10:15 a.m.	2 Card Games 10:30 a.m.
5 Feeding NE Florida Cooking Demo / Nutrition Education 10:30 a.m.	6 Nutrition Education: Improving Your Health Literacy w/ Dawn 11:30 a.m.	7 Nutrition Education: Tips to Reduce Food Waste w/ Dawn 11:30 a.m.	8 Tai-Chi w/Charles 9:30 a.m. Bingo w/Nelson 10:30 a.m.	9 Card Games 10:30 a.m.
12 Chair Volleyball w/Nelson 10:30 a.m.	13 Blood Pressure Checks 10:15 a.m. 	14 Triominos 10:30 a.m. 	15 Crafts w/Alidia 10:30 a.m. 	16 UF Physical Therapy Students Balance Testing and Presentation 9:30 a.m.
19 Outing: Goodwill and Beam Thrift Store Bus Departs at 10:30 a.m.	20 Outing: "Not So Spooky" Movie Matinee Downtown Library 10 a.m. Bus Departs at 9:15 a.m. 	21 Health Fair and Music Bingo by Archwell 10:30 a.m. *NO TRIOMINOS OR BIBLE STUDY TODAY!	22 Group Counseling by Charles with Northwest Behavioral. 10:30 a.m.	23 Fitness w/Linton 9:30 a.m. Medicare 101 w/Nelson from CarePlus 10:30 a.m. *No Cards Today!
26 Outing: Publix Bus Departs at 10:15 a.m.	27 Outing: Dockside Seafood Bus Departs at 10:30 a.m.	28 Triominos 10:30 a.m. 	29 Bennie Furlong Fall Festival and Costume Contest 10:15 a.m. 	30 Card Games 10:30 a.m. Birthday Celebration w/Conviva 11:45 a.m. 