

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 9 a.m. 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.
	1 Arthritis Foundation Exercise Program 10 a.m.	2 Outing: Beaver Street Farmers Market 10 a.m. Line Dancing 5 p.m. 	3 Arthritis Foundation Exercise Program 10 a.m. Music Bingo w/Devoted 11:15 a.m. 	4 Intro to Pickleball Presentation Part One with "Coach" 11 a.m. 
7 CENTER CLOSED 	8 Arthritis Foundation Exercise Program 10 a.m.	9 Bridge the Gap 9:30 a.m. Intro to Pickleball Presentation Part Two 11 a.m. Line Dancing 5 p.m.  	10 Arthritis Foundation Exercise Program 10 a.m. Sip and Craft Paint on Canvas 1 p.m.	11 Nutrition Education 11 a.m.
14 Historical Religious Studies 10 a.m. Outing: Winn Dixie 11 a.m.	15 Arthritis Foundation Exercise Program 10 a.m. Learn How to Play Mahjong Session 1, at Mandarin Center 10:00 a.m. – 11:30 a.m. 	16 Learn How to Play Pickleball at Aspire Gym 10:00 a.m. – 11:30 a.m. Line Dancing 5 p.m. 	17 Arthritis Foundation Exercise Program 10 a.m. Northwest Behavior Group Session 10:30 a.m.	18 National Aging Awareness Day with Devoted 10:30 a.m.
21 Historical Religious Studies 10 a.m. Bingo with The Doctor's Center 11 a.m. Fundraiser Day 11:30 a.m. 	22 Arthritis Foundation Exercise Program 10 a.m. Learn How to Play Mahjong Session 2, at Pine Forest 9:45 a.m. – 11:00 a.m. 	23 Feeding NE Florida Healthy Cooking Demo 10:30 a.m. Line Dancing 5 p.m. 	24 Site Council Meeting 9:45 a.m. Arthritis Foundation Exercise Program 10 a.m. Senior Smart Workshop 11 a.m.	25 September Birthday Party Lunch w/Archwell 11 a.m. 
28 Historical Religious Studies 10:00 a.m.	29 Learn How to Play Mahjong Session 3, at Pine Forest 9:45 a.m. – 11:00 a.m. 	30 Outing: Southern Shore Seafood 10:30 a.m. Line Dancing 5 p.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	