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 am **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)
2 Outing: Wal-Mart Bus Departs 10:30 a.m.	**3** Center Closed for Voting *Bennie Furlong will be Housed at Jim Fortuna Senior Center 	**4** Triominos 10:30 a.m.	**5** Senior Expo Adam Herbert Center UNF 10 – 12 p.m. Bus Departs 9:45a.m. 	**6** Chair Yoga w/Marisa 9:30 a.m.
9 Outing: Visit the Veterans Wall Wear Red, White and Blue Bus Departs 10:30 a.m.	**10** Northwest Behavioral 10:30 a.m. Mexican Bingo 12:30 p.m.	**11** Closed in Observance 	**12** Tai-Chi w/Charles from Conviva 9:30 a.m. Bingo w/Nelson from Careplus 10:30 a.m.	**13** Fitness w/Linton 9:30 a.m. 
16 Nutrition Ed w/Dawn Diabetes and Food: How it Affects Glucose 10:30 a.m.	**17** Autumn Movie Matinee Downtown Library 10 a.m. Bus Departs 9:15 a.m.	**18** Outing: JEA Senior Day Bus Departs 9:30 a.m.	**19** Musical Bingo by George from Archwell 10:30 a.m.	**20** Tea at the Terry Ritz Chamber Players 12:30 – 2 p.m. No Fit-n-Fab Today!!
23 Outing: Publix 10:30 a.m.	**24** Mexican Bingo 12:30 p.m.	**25** No Fit-N-Fab No Evening Ballroom Dance!	**26** Closed in Observance of 	**27** Closed in Observance of 
30 Chair Volleyball 12:30 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	