

# BENNIE FURLONG SENIOR CENTER

# JULY 2024

281 19<sup>th</sup> Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery

Monday - Friday 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Chair Exercise 9:30 a.m. Book Club 10:30 a.m. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Spanish Class 10:30 a.m. Chair Volleyball 12:30 p.m. Fit & Fab 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Chair Exercise 9:30 a.m. Bible Study 10:30 a.m. Chair Volleyball 12:30 p.m. Fit & Fab 1:30 p.m. Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Bingo 11 a.m.  Card Making 10 a.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays	Brain Games 8 a.m. Chair Exercise 9:30 a.m. Meditation 12:30 p.m. Fit & Fab 1:30 p.m.
<b>AVAILABLE DAILY:</b> Beach Walk, Cards, Computers, Puzzles, Chair Volleyball				<b>LUNCH 12:00 p.m.</b>
1 <b>Field Trip:</b> Publix Leaving 10:00 a.m.	2 Bennie Furlong's Independence Day Celebration and Potluck Luncheon 10:30 a.m. Wear your red, white, and blue. <b>Please RSVP if attending.</b>	3 Bible Study 10:30 a.m.	4 <b>CENTER IS CLOSED In Observance of Independence Day. Card making will meet on the 11<sup>th</sup> @ 10 a.m.</b>	5
8	9	10 Bible Study 10:30 a.m.	11 Special Bingo sponsored by CarePlus 11 a.m. w/Rob	12 VIP Care Better Health Group "Gardening for your Health" w/Tracey and Terry 11 a.m.
15 Get-up and Move Exercise w/Diane Weaver 10:30 a.m.	16	17 <b>Field Trip:</b> Wal-Mart Leaving 10:00 a.m.  Bible Study 10:30 a.m.	18 Presentation on Senior Companion Program w/Joe Slater @ 11 a.m. Card Making 10 a.m.	19 Hurricane Preparedness Interactive Event with Jason from Conviva 11 a.m.
22 <b>Field Trip:</b> China Buffet Leaving 10:30 a.m.	23	24 Bible Study 10:30 a.m.	25 Mental Health Workshop with Northwest Behavioral Health at 10:00 a.m.	26 Birthday Celebration 12:00 p.m.
29	30	31 Bible Study 10:30 a.m.		