

# BENNIE FURLONG SENIOR CENTER

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

# JUNE 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Chair Exercise (V) 9:30 a.m. Spanish Class 10:30 a.m. Line Dance Class 1:30 p.m.  V=Video	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class (V) 9:30 a.m. Bingo 10 a.m. Fit & Fab 1:30 p.m.  V=Video	Brain Games 8 a.m. Breakfast 9 a.m. Chair Exercise (V) 9:30 a.m. Fit & Fab 1:30 p.m. Ballroom Dance 7:30 p.m.  V=Video	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class (V) 9:30 a.m. Bingo 10 a.m. Card Making 10 a.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays  V=Video	Brain Games 8 a.m. Chair Exercise (V) 9:30 a.m. Spanish Class 10:30 a.m. Fit & Fab 1:30 p.m.  V=Video
<b>AVAILABLE DAILY:</b> Beach Walk, Cards, Computers, Puzzles, Chair Volleyball <b>LUNCH</b> 12:00 p.m.				
3	4 <b>Field Trip:</b> Winn Dixie Leaving @ 10 a.m.	5 <b>Field Trip:</b> UF Extension Office and Cannery Making Oils and Jams Leaving @ 9:30 a.m.	6 Card Making 10 a.m.	7 Beach Ball @ Prime Osborn Convention Center 5:30 p.m.- 8:30 p.m. Tickets are \$10.per person
10 Talk on The Effects of Music On Memory w/ Brian Best 10:30 a.m.	11	12	13 Retired Senior Volunteer Program presentation by Katherine @ 11 a.m.	14
17 <b>Field Trip:</b> Chow's Country Buffet Leaving @ 10:30 a.m.	18	19 <b>Center Closed in Observance of Juneteenth</b>	20 Card Making 10 a.m.	21
24 <b>Field Trip</b> Walk Around with Senior Services At Lonnie C. Miller Sr. Regional Park 10 a.m.	25 <b>Field Trip:</b> Walmart Leaving @ 10 a.m.	26	27 Mental Health Workshop with Northwest Behavioral Health 10:00 a.m.	28 Movie Day @ 10:30 a.m. Title: TBA