BENNIE FURLONG SENIOR CENTER APRIL 2025

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery Monday - Friday 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Brain Games 8 a.m.Chair Exercise 9:30 a.m. (V)Line Dance Class 1:30 p.m.(I)Chair Volleyball 12:30 p.m.(V)=Video(I)= Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m. (V)Spanish Class 10:30 a.m. (I)Chair Volleyball 12:30 p.m.Fit & Fab 1:30 p.m. (I)(V)=Video(I)- Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Chair Exercise 9:30 a.m. (I)Bible Study 10:30 a.m.Chair Volleyball 12:30 p.m.Crochet and Knitting 1 p.m.Fit & Fab 1:30 p.m.(I)Ballroom Dance 7:00 p.m. (I)= Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m.(V)Card Making 10 a.m.1st & 3rd ThursdaysBingo 11 a.m.Chair Volleyball 12:30 p.m.(V)= Video | Brain Games 8 a.m.Chair Exercise 9:30 a.m.(V)Card Games 10:30 a.m.Chair Volleyball 12:30 p.m.Fit & Fab 1:30 p.m.(I)(V)= Video(I)= Instructor |
| **AVAILABLE DAILY:** Beach Walk, Cards, Computers, Puzzles, Chair Volleyball **LUNCH** 12:00 p.m. |
|  | 1April Fool's JokeShare your Funniest!11:30 a.m. | 2Crochet and Knitting 1 p.m.(All skill levels welcome.) | 3**Special Bingo w/ Ireland** **from Cresso Brokers****10:30**  | 4**Community Event****Arboretum and** **Botanical Gardens****Nature Hike and Picnic****Bus will leave at 9:30 a.m.** |
| 7**Field Trip:** Publix Bus is leaving at 10:30 a.m. | 8Walk to the Beach at 11: 30 a.m. | 9Field Trip: Flea Market at Carvill Senior Center Bus is leaving at 9:30 a.m. | 10**Nutrition Education with our Dietician Sharon 10 a.m.****Special Bingo w/Nelson from****CarePlus at 11 a.m.** | 11Cards at 10:30 a.m. |
| 14**Presentation from First Coast Audiology****Bloom Bar** **Create Your Own Bouquet** 10:30-12:00 | 15Trivia11:30 a.m. | 16Seniors on a Mission Assistance with small handheld electronics.10 a.m. | 17**Craft Project with Carmen****from Windsor****10:30 a.m.** | 18**FISH-A-THON****Hannah Park****10~2****“Registration Required”****CENTER CLOSED**  |
| 21National Drug Take Back Awareness Presentation w/Charlie Webster10:30 | 22Nutrition Education w/Dawn11:30 a.m. | 23**Field Trip**: Wal-Mart Bus is leaving at 10:30 a.m. | 24**Northwest Behavorial Group Session w/Charles 10a.m.** | 25**Tea at the Terry****“The Ties That Bind”** **Ritz Chamber Players****Jacksonville University** **Show at 1:00 p.m.** |
| 28Blood Pressure Screening 10:30 a.m. | 29Walk to the Beach 11:30 a.m. | 30**“Know your Medicines” Presentation by Urrikka** **with Conviva 10:30 a.m.** |  |  |