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 Thursdays  Bingo 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. | | | | |
|  | 1  April Fool's Joke  Share your Funniest!  11:30 a.m. | 2  Crochet 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. | 8  Walk to the Beach  at 11: 30 a.m. | 9  Field 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.** | 11  Cards at 10:30 a.m. |
| 14  **Presentation from First Coast Audiology**  **Bloom Bar**  **Create Your Own Bouquet**  10:30-12:00 | 15  Trivia  11:30 a.m. | 16  Seniors 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** |
| 21  National Drug Take Back Awareness Presentation  w/Charlie Webster  10:30 | 22  Nutrition Education w/Dawn  11:30 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.** |
| 28  Blood Pressure Screening  10:30 a.m. | 29  Walk to the Beach  11:30 a.m. | 30  **“Know your Medicines” Presentation by Urrikka**  **with Conviva 10:30 a.m.** |  |  |