BENNIE FURLONG SENIOR CENTER JANUARY 2025

281 19th 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. (V)  Book Club 10:30 a.m.  Line Dance Class 1:30 p.m.(I)  (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 1:30p.m (I)  (V)=Video  (I)- Instructor | Brain Games 8 a.m.  Breakfast 9 am  Chair Exercise 9:30 a.m. (I)  Bible Study 10:30 a.m.  Crochet and Knitting 1 p.m.  Fit & Fab 1:30 p.m.(I)  Ballroom Dance \* 7:00 p.m.\*  \* New Start Time for Ballroom\*  (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.  (V)= Video | Brain Games 8 a.m.  Chair Exercise 9:30 a.m.(V)  Card Games 10:30 a.m.  Meditation 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**  **CENTERS CLOSED**  **HAPPY NEW YEAR!** | **2**  Card Making 10 a.m. | **3**  Card Games 10:30 a.m. |
| **6**  **Field Trip:** Walmart  Bus is leaving at 10 a.m. | **7**  Current Events  11:30 a.m. | **8**  **Field Trip:**  Lane and Wiley Yard sale  Bus leaving 9:30 a.m. | **9**  Special Bingo  w/ Nelson from Care Plus  11 a.m. | **10 Field Trip:**  Ritz Chamber Players  Tea at the Terry!  “Coretta’s Voice”  JU’s Terry Theatre  Please Sign Up  **Bus is leaving at 11 a.m.** |
| **13**  **Blood Pressure Screening**  **11:30 a.m.** | **14**  Trivia at 11:30 a.m. | **15**  **Crochet and Knitting Class**  All skill levels are welcome.  1 p.m. | **16**  **Nutrition Ed Presentation**  by our Dietician Sharon Lutheran at 11 a.m.  Card Making 10 a.m. | **17**  **Card Games 10:30** |
| **20**  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MARTIN LUTHER KING JR.** | **2**1  Current Events at 11:30 a.m. | **22**  **Covid Test Kit Distribution Presentation w/AHEC 9:30 a.m.**  **Field trip:** Publix  Bus is leaving at 10:30 a.m. | **23**  Northwest Behavioral Group Counseling w Charles.  10:00 a.m**.** | **24**  Monthly Movie & Popcorn  10 :30 a.m.  **No Card Games Today** |
| **27 Florida Theatre**  **Theatreworks Presents**  **STEP AFRIKA!**  **A Senior Center Event**  **Sign up ~ Seats Limited**  **Bus is leaving at 9:30 a.m.** | **28**  Trivia 11:30 a.m**.** | **29**  **Crochet and Knitting Class**  All skill levels are welcome.  1 p.m. | **30**  **Field Trip:**  Chow’s CountryBuffet  Bus is leaving at 10:30 a.m**.** | **31**  Monthly Birthday Celebration  12 p.m. |