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.

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| **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 amChair 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 ThursdaysBingo 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 saleBus leaving 9:30 a.m. | **9**Special Bingo w/ Nelson from Care Plus 11 a.m. | **10 Field Trip:**Ritz Chamber PlayersTea at the Terry! “Coretta’s Voice”JU’s Terry TheatrePlease 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**1Current Events at 11:30 a.m. | **22****Covid Test Kit Distribution Presentation w/AHEC 9:30 a.m.****Field trip:** PublixBus 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 CountryBuffetBus is leaving at 10:30 a.m**.** | **31**Monthly Birthday Celebration12 p.m. |