PINE FOREST SENIOR CENTER APRIL 2025

Jacksonville, FL 32246 Specialist: Heidi Ford Phone: 904-255- 6230 Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 8:30 a.m. Walking Club  8:30 a.m. Puzzles / Brain Games  10:00 a.m. Chair Exercise | 8:30 a.m. Puzzles / Brain Games  9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club  8:30 a.m. Puzzles / Brain Games  10:00 a.m. Chair Exercise  **1st Wed. Of every month -Bingo**  **2nd Wed. Of every month – Craft Day with Chris** | 8:30 a.m. Puzzles / Brain Games  9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club  8:30 a.m. Puzzles / Brain Games  10:00 a.m. Chair Exercise  **Last Friday of every month – Birthday Celebration** |
| **AVAILABLE DAILY:**  **BREAKFAST: 9 a.m. T-W-TH LUNCH: 12** **p.m. M - F** | | | | |
|  | 1 **APRIL FOOLS DAY** | 2 National Walking Day  Walk and Explore Our Local Park  10 a.m. | 3 | 4 |
| 7  Chair Yoga 9:45 a.m. | 8 | 9 | 10 | 11  Chair Yoga 9:45 a.m. |
| 14 National Gardening Day  Seed Exchange 10 a.m.  Swap Your Favorite Seed Packets Start a Garden at Home. | 15 Remembering the Titanic  Titanic Trivia 9:00 a.m. | 16 National Wear Pajamas Day  Wear Your P.J.s Today!!! | 17 | 18  **FISH-A-THON**  **Hannah Park**  **10~2**  **“Registration Required”**  **CENTER CLOSED** |
| 21  **Field Trip**  Walmart  Bus Leaves at 10:30 a.m. | 22 | 23  Lunch Time Yoga 1:30 p.m. | 24 | 25  Chair Yoga 9:45 a.m.  **Field Trip – Community Event**  **Tea at the Terry**  **“The Ties That Bind”**  **Ritz Chamber Players**  **Jacksonville University**  **Show at 1:00 p.m.** |
| 28  Chair Yoga 9:45 a.m. | 29 | 30  **Field Trip**  Aldi  Shuttle Leaves at 10:30 a.m. |  |  |