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 Club8:30 a.m. Puzzles / Brain Games10:00 a.m. Chair Exercise  | 8:30 a.m. Puzzles / Brain Games 9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games10:00 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 Games9:30 a.m. Chair Yoga | 8:30 a.m. Walking Club8:30 a.m. Puzzles / Brain Games10:00 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 DayWalk and Explore Our Local Park 10 a.m. | 3  | 4 |
| 7Chair Yoga 9:45 a.m. | 8 | 9 | 10 | 11Chair Yoga 9:45 a.m. |
| 14 National Gardening DaySeed Exchange 10 a.m.Swap Your Favorite Seed Packets Start a Garden at Home. | 15 Remembering the TitanicTitanic Trivia 9:00 a.m. | 16 National Wear Pajamas DayWear 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 | 23Lunch 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.**  |
| 28Chair Yoga 9:45 a.m. | 29 | 30**Field Trip**Aldi Shuttle Leaves at 10:30 a.m.  |  |  |