

BENNIE FURLONG SENIOR CENTER

APRIL 2024

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. Breakfast 9 a.m. Chair Exercise (V) 9:30 a.m. Spanish Class (V)10:30 a.m. Line Dance Class 1:30 p.m. (V)=Video	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Bingo 10 a.m. Fit & Fab w/Joan 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 am Chair Exercise (V)9:30 a.m. Memory Class 10 a.m. Fit & Fab w/Joan 1:30 p.m. (V)=Video Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Bingo 10 a.m. Card Making 10 a.m.1 st & 3 rd Thursdays Chair Volleyball @ 1 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Chair Exercise (V) 9:30 a.m. Spanish Class (V)10:30 a.m. Fit & Fab w/Joan 1:30 p.m. (V)=Video
AVAILABLE DAILY: Beach Walk, Cards, Computers, Puzzles, Chair VB BREAKFAST 9 a.m.-10 a.m. LUNCH 12:00 p.m.-1 p.m.				
1	2	3	4 Card Making 10 a.m.	5
8	9 Blood Pressure Screening W/Dana @ 11 a.m.	10 Field Trip Publix 10 a.m.	11 Presentation: Books by Mail program from Tonja W/ the Jacksonville Public Library 10:30 a.m.	12
15	16	17 Movie Day 10:30 a.m.	18 Card Making 10 a.m.	19 Walk for Senior Wellness at 1301 Riverplace Blvd Suite C102 on the Southbank riverwalk 10:00 a.m.
22	23 Nutrition Presentation by Dana @ 11 a.m.	24 Field Trip: Walmart 10 a.m.	25 Mental Health Workshop W/ Northwest Behavioral Health 10:00 a.m.	26 Celebrating National Pretzel Day @ 11:30 a.m. Birthday Celebration @ 12 p.m.
29	30	31		