

BENNIE FURLONG SENIOR ACTIVITIES CENTER

FEBRUARY 2015

281 19th Ave. S. Jacksonville Beach, FL 32250
 (904) 241-3796 Monday – Friday 8 a.m. – 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise 9:30 a.m. Bingo 10 a.m. Chair Exercise 10:30 a.m. Lunch 11:30 a.m. Line Dance Class 1:30 p.m. Zumba 6 p.m. Available Daily: Uno Cards, Word Puzzles, Ceramics, Beach Walk, PH10 and Trivia	Tai Chi Class 9:15 a.m. Bingo 10 a.m. Lunch 11:30 a.m. Social Bridge 12 p.m. National Mah Jong 12:30 p.m. Ballroom Dance 1:30 p.m. Ping Pong 2:30 p.m.	Chair Exercise 9:30 a.m. Bingo 10 a.m. Chair Exercise 10:30 a.m. Lunch 11:30 a.m. Exercising w/Jamie 12:15 p.m. Fitness Class 6 p.m. Toning Fitness Class 6 p.m. Ballroom Dancing 7:30 p.m.	Breakfast 9 a.m. Bingo 10 a.m. Duplicate Bridge 10:30 a.m. Lunch 11:30 a.m. Duplicate Bridge 12:30 p.m. Mah Jong - National and Chinese 1 p.m.	Backpack Blessings 9 a.m. Chair Exercise 9:30 a.m. Bingo 10 a.m. Chair Exercise 10:30 a.m. Lunch 11:30 a.m. Zumba Gold 1:30 p.m.
2 Blood Pressure Checks 9 a.m.	3 Guardian Ad Litem 11 a.m.	4	5 Shopping Trip to Walmart 9:30 a.m. Card Making Class 10 a.m.	6 Lunch Out 11 a.m.
9 Newcomers of the Beach Bridge Club 1 p.m.	10 Tuesday Valentine Trivia 11 a.m.	11	12 Shopping Trip to Dollar Tree 9:30 a.m.	13 Valentine Party 11 a.m.
16 Center Closed President's Day	17 Florida Senior Medicare Patrol (SMP) Program 11 a.m.	18 Duplicate Bridge 1 p.m.	19 Shopping Trip to Walmart 9:30 a.m. Card Making Class 10 a.m.	20 1965 Trivia-50 years ago 11 a.m.
23 Blood Pressure Checks 9 a.m. Newcomers of the Beach Bridge Club 1 p.m.	24	25	26 Shopping Trip to Dollar Tree 9:30 a.m.	27