

# BENNIE FURLONG SENIOR CENTER

281 19<sup>th</sup> Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 241-3796

Specialist: Joenetta Dixon

## AUGUST 2019

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Arts & Crafts 9 a.m. Chair Exercise 9:30 a.m. Bingo 10 a.m. Chair Exercise 10:30 a.m. Zumba 11 a.m. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:15 a.m. Arts & Crafts 9:30 a.m. Publix 9:30 a.m. Puzzles 10 a.m. Bingo 10 a.m. Bridge 12 p.m. Ballroom Dance Class 1:30 p.m.	Brain Games 8 a.m. Chair Exercise 9:30 a.m. Chair Exercise 10:30 a.m. Trivia 11 a.m. Piano Music by Mr. Knowles 11:30 a.m. Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:15 a.m. Walmart 9:30 a.m. Bingo 10 a.m. Mah-Jongg 1 p.m.	Brain Games 8 a.m. Pool & Ping Pong 8 a.m. Chair Volleyball 9 a.m. Chair Exercise 10 a.m. Bingo 10 a.m. Bridge 11 a.m. Zumba 11 a.m.
<b>AVAILABLE DAILY</b> Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles <b>LUNCH</b> 11:30 a.m.				
			1 Greeting Card Art 10 a.m. Roasting Away North 10 a.m.	2 Senior Prom 6 p.m.
5 Golden Corral 10 a.m.	6 AMC Regency Movies 10:30 a.m.	7 Centers, Prepare to Duel in Hammond's Hatfield vs. McCoy Western-a-Thon for Spirit Week 10 a.m.	8 Cracker Barrel 10 a.m. Program Advisory Board Meeting @ Lane Wiley 11 a.m.	9 Outreach in the Senior Community 10 a.m.
12 Site Council Meeting 10 a.m.	13 Show Your Jock & Cheerleader Spirit by Wearing Royal Blue & White to Lane Wiley's Spirit Week Pep Rally 10 a.m.	14 Senior Summit on the Opioid Crisis~Legends Center 10 a.m. Celebrating Roasted Corn Day w/Corn Dishes & Stories 10 a.m.	15 Greeting Card Art 10 a.m.	16 Show Off Your Talents at the Senior Entertainment Day Event 10 a.m.
19 Farmer's Market 10 a.m.	20 AMC Regency Movies 10 a.m.	21 Mayport Ferry to Kingsley Plantation 10 a.m.	22 Bring a Dance Partner to Our Old School Jam 10 a.m.	23 Wear Your Favorite African Inspired Dress to Celebrate African Culture at Longbranch's Mini Fashion Show for Spirit Week 10 a.m.
26 Karaoke 10 a.m.	27	28 Five Below 10 a.m.	29 Remembering Board Games at J.S. Johnson's Spirit Week Event 10 a.m.	30 Birthday Celebrations at China Buffet 10 a.m.