

BENNIE FURLONG SENIOR CENTER

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery

March 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Chair Exercise 9:30 a.m. Spanish Class 10:30 a.m. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Fit & Fab 1:30 p.m. Bingo 11 a.m.	Brain Games 8 a.m. Breakfast 9 am Chair Exercise 9:30 a.m. Memory Class 10 a.m. Fit & Fab 1:30 p.m. Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:30 a.m. Card Making 10 a.m. 1 st & 4 th Thursday's Bingo 11 a.m. Mah-Jong 1 p.m.	Brain Games 8 a.m. Chair Exercise 9:30 a.m. Spanish Class 10:30 a.m. Fit & Fab 1:30 p.m.
AVAILABLE DAILY: Beach Walk, Cards, Computers, Ping Pong, Puzzles, Chair VB LUNCH 12:00 p.m.				
		1 Walmart 10:30 a.m.	2	3
6	7 UNF (PACT) Sponsored Bingo 11 a.m.	8 Blood Pressure Screening By Dana Gardner 10:30 a.m.	9	10
13 City Council Candidate Presentation: Jack Meeks 11:30 a.m.	14 Presentation: Dental Health W/ Dr. Ferris 10:00 a.m.	15 Presentation by CapTel Captioned Phones @ 11 a.m.	16	17 St. Patrick's Day Potluck Luncheon @11:30 a.m. Wear your green
20	21 Center will be closed for voting ** Seniors may attend Southside Community Center **	22 Visit Bird Island and Picnic lunch 10:30 a.m.	23	24 Movie & Popcorn 10:30 p.m.
27	28 Huey Magoo's for Lunch @ 10:45 a.m.	29 Fall Prevention Presentation by Devoted Medical 11 a.m.	30	31 Healthy Shopping w/Dana @ Trader Joe's bus is leaving at 10:15 a.m. Birthday Celebration 12 p.m.