

# BENNIE FURLONG SENIOR CENTER

281 19<sup>th</sup> Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730

Specialist: Joe Hancock

## July 2022

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. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 9:00 a.m. Tai Chi Class 9:30 a.m. Fit & Fab 9:30 a.m. Bingo 11:00 a.m.	Brain Games 8 a.m. Breakfast 9:00 am Chair Exercise 9:30 a.m. Fit & Fab 1:30 p.m. Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9:00 a.m. Tai Chi Class 9:30 a.m. Card Making 10:00 a.m. 1 <sup>st</sup> & 4 <sup>th</sup> Thursday's Bingo 11 a.m. Mah-Jong 1 p.m.	Brain Games 8 a.m. Chair Exercise 9:30 a.m. Fit & Fab 1:30 p.m.
<b>AVAILABLE DAILY:</b> Beach Walk, Cards, Computers, Ping Pong, Puzzles <b>LUNCH</b> 12:00 p.m.				
				1 Red, White, and Blue Day
4 CLOSED for 4 <sup>th</sup> of July	5 Fourth of July Breakfast 8:30am Mary Singleton Spirit Week 10 am	6 Wal-Mart 10-11 am	7	8 Mary Singleton Spirit Week 10 am
11 Summer Movie Event 10:30 am – 1 pm	12 Publix 10-11 am	13 Arlington 10 am – 1 pm	14	15 Movie and Pizza 1-3 pm
18 Golden Coral 11:30-12:30	19	20 Mandarin Spirit Week 10 am – 2 pm	21	22 Mary Singleton Ceramics 10 am – 2 pm
25 Goodwill and Whole food 10 am - 2 pm	26 Beach Walk 11 am – 12 pm	27 Clanzel Brown Spirit Week 10 am – 2 pm	28	29 Birthday Celebration 11 am – 12 pm