

BENNIE FURLONG SENIOR CENTER

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

Specialist: Joenetta Dixon

MARCH 2020

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.
AVAILABLE DAILY Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles LUNCH 11:30 a.m.				
2 BP Checks with UNF Nursing Students 10 a.m.	3	4	5 Cinco de Mayo Celebration 10 a.m. Greeting Card Art 10 a.m.	6 China Buffet 10 a.m. UniverSoul Circus (Ticket Required) 10:30 a.m.
9 BP Checks with UNF Nursing Students 10 a.m. Site Council Meeting 10 a.m.	10 AMC Regency Movies 10 a.m.	11 Dance-A-Thon (RSVP) 10 a.m. Safety & Security Seminar at Duval Extension Office 10:30 a.m.	12 Geriatric ToothFairy 11 a.m.	13 Line Dance Exercise 10 a.m.
16 BP Checks with UNF Nursing Students 10 a.m.	17 St. Patrick's Day Party (RSVP) 10 a.m.	18 March Madness Kickball Tournament (RSVP) 10 a.m.	19 Greeting Card Art 10 a.m.	20
23 BP Checks with UNF Nursing Students 10 a.m.	24	25 Freshfields Farm 10 a.m. Driver's Meeting at Singleton 10:30 a.m.	26 Fashion Show 10 a.m.	27 Fish-A-Thon at Hanna Park (RSVP Required) 10 a.m.
30 Seafood Express 10 a.m.	31 Birthday Celebrations 10 a.m.			