

BENNIE FURLONG SENIOR CENTER

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

Specialist: Joenetta Dixon

SEPTEMBER 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.
AVAILABLE DAILY Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles LUNCH 11:30 a.m.				
2 Labor Day ~ Closed	3 AMC Regency 10 a.m.	4 B.P. Checks 10 a.m.	5 Greeting Card Art 10 a.m.	6 Chicken & Waffles Breakfast 10 a.m. UF Health Stroke Prevention 11 a.m.
9 Site Council Meeting 10 a.m.	10 AMC Regency 10 a.m.	11	12 A Walk in the Community Outreach 10 a.m.	13 Dollar Tree, Michaels and Target 10 a.m.
16 Kaiba Japanese Steak House 11 a.m.	17	18 Avenues Mall 10 a.m.	19 Greeting Card Art 10 a.m. Movie Day w/ Nachos & Cheese 11 a.m.	20 Pablo Towers Luncheon 11 a.m.
23	24 Super Bingo ~ Save the Date and Bring a Friend 10 a.m.	25 Fruit Market 10 a.m.	26 Senior Services Spirit Week Pep Rally at Sk8 City 10 a.m.	27 Clara's at the Cathedral Luncheon 10 a.m.
30 Birthday Celebrations 10 a.m.		September is National Senior Center Month ~ The Key to Aging Well!		Forever Fit 50 & Beyond, 2019 Senior Games; September 27 th thru October 5 th