

BENNIE FURLONG SENIOR CENTER

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

Specialist: Ernestine Jones

OCTOBER 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.				
Forever Fit 50 & Beyond, 2019 Senior Games Continue; October 1st thru October 5 th	1 AMC Regency 10 a.m.	2 B.P. Checks 10 a.m.	3 Lunch Out: Carrabba's 10 a.m. Greeting Card Art 10 a.m.	4
7	8	9 Farmer's Market on Beaver Street 10 a.m.	10 A Walk in the Community Outreach 10 a.m. Program Advisory Board Meeting @ Lane Wiley 11 a.m.	11 Dollar Tree, Michaels and Target 10 a.m. Intro. to Pickleball at Cuba Hunter C.C. Gym 10:30 a.m.
14 Site Council Meeting 10 a.m.	15	16	17 Lunch Out: Outback 10 a.m. Greeting Card Art 10 a.m.	18 Pablo Towers Luncheon 11 a.m.
21	22	23 Avenues Mall 10 a.m.	24	25
28	29	30	31 Halloween & Birthday Celebrations at Golden Corral 10 a.m.	