

BENNIE FURLONG SENIOR CENTER

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

Ernestine Jones

NOVEMBER 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.				
Senior Expo Nov. 13 & 14 Morocco Shrine Auditorium 9 a.m. ~ 3 p.m.				1
4	5	6	7 Greeting Card Art 10 a.m.	8 Dollar Tree 10 a.m.
11 Veteran's Day ~ Closed	12	13 Farmer's Market 10 a.m.	14	15 Pablo Towers Luncheon 11 a.m.
18 Site Council Meeting 10 a.m.	19	20	21 Birthday Celebrations at Golden Corral 10 a.m. Greeting Card Art 10 a.m.	22
25	26	27	28 Thanksgiving Holiday ~ Closed	29 Thanksgiving Holiday ~ Closed