

# BENNIE FURLONG SENIOR CENTER

281 19<sup>th</sup> Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6733

Specialist: Joenetta Dixon

# SEPTEMBER 2021

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.	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. Mahjongg 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.
<b>AVAILABLE DAILY</b> Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles			<b>LUNCH</b> 11:30 a.m.	
		1	2	3 Chicken & Waffle Brunch/ Movie Day 10 a.m.
6 Labor Day <i>Senior Center Closed in Observance of Labor Day</i>	7	8 Bringing It Back to Our Roots Family Tree 10 a.m.	9 Honoring the 20 <sup>th</sup> Anniversary of 9/11 Event 11 a.m.	10
13	14 Blood Pressure Check 10 a.m.	15	16	17
20 Site Council Meeting 10 a.m.	21	22	23 Fall Prevention Exercises and Discussion 10 a.m.	24
27 Keep the Beat Homemaker Shaker Music Team 10 a.m.	28	29	30	