

BENNIE FURLONG SENIOR CENTER

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730

Specialist: Joenetta Dixon

OCTOBER 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. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 8:30 a.m. Tai Chi Class 9:15 a.m. Zumba 9:30 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. Breakfast 8:30 am 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. Zumba 1:30 p.m.	Brain Games 8 a.m. Breakfast 8:30 a.m. Tai Chi Class 9:15 a.m. Walmart 9:30 a.m. Card Making 10 a.m. <i>1st & 3rd Thursdays</i> 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 1:30 p.m.
AVAILABLE DAILY Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles LUNCH 11:30 a.m.				
				1 Movie Day 10 a.m.
4 Emerson Thrift Store 10 a.m.	5 Blood Pressure Check 10 a.m.	6	7 Chili Cook off 10:30 a.m.	8
11	12 Farmer's Market 10:30 a.m.	13	14 Potter's House Luncheon 10:30 a.m.	15 Fish-A-Thon at Hanna Park <i>-Senior Centers Closed-</i> 10 a.m.
18 Site Council Meeting 10 a.m.	19	20	21 Avenue's Mall 10 a.m.	22 Carve Pumpkins/ Bragging Rights 10 a.m.
25	26	27 FL/GA Cook out Jersey Day 10 a.m.	28 FL/GA Kick off Best Table Directions 10 a.m.	29 Fall Festival 10 a.m.