

BENNIE FURLONG SENIOR CENTER

MAY 2024

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

Monday - Friday 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Chair Exercise (v) 9:30 a.m. Spanish Class (v) 10:30 a.m. Meditation Class 11:00 a.m. Line Dance Class 1:30 p.m. (v)= VIDEO	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class (v) 9:30 a.m. Bingo 10:00 a.m. Fit & Fab w/ Joan 1:30 p.m. (v)= VIDEO	Brain Games 8 a.m. Breakfast 9 am Chair Exercise (v) 9:30 a.m. Book Club 10 a.m. Fit & Fab w/Joan 1:30 p.m. (v)= VIDEO Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class (v) 9:30 a.m. Card Making 10:00 a.m. 1 st & 3 rd Thursdays Bingo 10 a.m.	Brain Games 8 a.m. Chair Exercise (v) 9:30 a.m. Spanish Class (v) 10:30 a.m. Fit & Fab w/ Joan 1:30 p.m.
AVAILABLE DAILY: Beach Walk, Cards, Computers, Puzzles, Chair VB BREAKFAST 9:00-10:00 A.M. LUNCH 12:00 p.m.-1:00 P.M.				
		1	2 Card Making Class 10 a.m. Field Trip: Publix 10 a.m.	3 Cinco de Mayo Celebration 11:00 a.m.
6 Medicare Presentation W/ Carrie from SHINE 10:30 a.m.	7 Blood Pressure Screening W/ Dana 11 a.m.	8	9	10 Field Trip: Jax Ready Fest at the Prime Osborn Convention Center 11:00 a.m.
13	14	15 FIELD TRIP: Bash at the Ball Field at 121 Financial Ballpark 10 a.m. RSVP Required	16 Card Making Class 10 a.m.	17
20 Field Trip: Wal-Mart 10 a.m.	21	22	23 Mental Health Workshop W/ Northwest Behavioral Health 10:00 a.m.	24 Nutritional Presentation w/Dana 11 a.m.
27 CENTER CLOSED In Observance of MEMORIAL DAY	28 Field Trip: Shrimp Shack 10:30 a.m.	29 Field Trip: Senior Expo at the Prime Osborn Convention Center 10 a.m.	30	31 Birthday Celebration 12 p.m.