



**APRIL 2024**



Neptune Beach Senior Activity Center  
2004 FOREST AVENUE  
NEPTUNE BEACH, FLORIDA 32266  
904-749-0068  
Email [dsc@nbfl.us](mailto:dsc@nbfl.us)  
WEBSITE: <https://www.nbfl.gov/senior-center>

MONDAY	9:15AM-10:15AM	COFFEE & CHIT CHAT WITH FRIENDS
	9:15AM-11:15AM	AMERICAN MAH JONG WITH LINDA (NO CLASS APRIL 22)
	10:30AM-11:45AM	GENTLE YOGA WITH MARY BETH
	10AM-NOON	PAINTING WITH LINDA OLSEN (APRIL 1 & 22 ONLY)
	11:30AM-4PM	FRIENDLY CARD GAME/GAMES OF YOUR CHOICE
	1PM-1:45PM	CHAIR YOGALATES WITH TINA
TUESDAY	3:30PM-5PM	GENTLE YOGA WITH JULIE
	9:15AM-10:15AM	COFFEE & CHIT CHAT WITH FRIENDS
	9:15AM-10AM	TAI CHI FOR HEALTH & WELLNESS (NO CLASS APRIL 2)
	10AM-12PM	JBWC MEETING (APRIL 2 ONLY)
	10:30AM-11:15AM	STRENGTH & BALANCE WITH ART JONES (NO CLASS APRIL 2)
	12:15PM-1PM	LINE DANCING WITH SHIRLEY (NO CLASS APRIL 2)
WEDNESDAY	1:30PM-2:30PM	BRAIN & BODY WITH PAM
	3PM-4PM	SOUND BATH WITH SUE STEWART
	9:15AM-11:30AM	HANDWORK WITH FRIENDS
	9:30AM-NOON	OPEN PLAY CARDS/GAMES-YOUR CHOICE
	10:30AM-11:45AM	GENTLE YOGA WITH MARY BETH
	1PM-1:45PM	CHAIR YOGALATES WITH TINA
THURSDAY	2PM-3PM	LIBRARY SPONSORED CHAIR YOGA (APRIL 2, 9, 16 ONLY)
	2PM-4PM	MOVIES FOR YOU!
	9:15AM-10AM	QIGONG TAI CHI FOR HEALTH & WELLNESS WITH ART
	9:15AM-10:15AM	COFFEE & CHIT CHAT WITH FRIENDS
	10:30AM-11:15AM	STRENGTH & BALANCE WITH ART
	12:15PM-1PM	LINE DANCING WITH SHIRLEY
FRIDAY	1:30PM-2:30PM	BRAIN & BODY WITH PAM
	5PM-7PM	CROCHETING WITH DIA
	6PM-9PM	NE FL COASTAL QUILTERS
	9AM-2PM	QUILTING-SIT & SEW-CRAFTING
	NOON-4PM	OPEN PLAY CARDS/GAMES OF YOUR CHOICE

**MOVIE-POPCORN/CANDY/SOFT DRINK @ 2PM WEDNESDAYS**  
**APRIL 3 "AMERICAN FICTION" (R); APRIL 10 "FERRARI" (R);**  
**APRIL 17 "AMERICAN DREAMER" PG-16;**  
**APRIL 24 "THE OTHERSHORE-DIANA NYAD STORY" PG-16**  
**DONATION \$5**

**MARK YOUR CALENDARS-SPECIAL VISIT FRIDAY, APRIL 5 @10:30AM**  
**FROM COJ-CDBG HOUSING AND COMMUNITY DEVELOPMENT**  
**COFFEE & DONUTS RECEPTION**

**NEW BEGINNINGS FOR LADIES- FREE RETREAT**  
**SATURDAY, APRIL 13, 2024, 8:30AM-NOON**  
**FRIENDSHIP, FUN WORKSHOPS & LIGHT BREAKFAST**  
**REGISTRATION A MUST**  
**CALL 904-749-0068 OR WWW.NEWAGEHIPPY.COM**  
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