



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

MONDAY	9:15AM-11:15AM	AMERICAN MAH JONG WITH LINDA (NO CLASS MAY 6 & 27)
	10:30AM-11:45AM	GENTLE YOGA WITH MARY BETH (NO CLASS MAY 27)
	10AM-NOON	PAINTING WITH LINDA OLSEN (MAY 6 & 20 ONLY)
	11:30AM-4PM	FRIENDLY CARD GAME/GAMES OF YOUR CHOICE (NO PLAY 27)
	1PM-1:45PM	CHAIR YOGALATES WITH TINA
	3:30PM-5PM	GENTLE YOGA WITH JULIE
TUESDAY	9:15AM-10:15AM	COFFEE & CHIT CHAT WITH FRIENDS
	9:15AM-10AM	*NEW BEGINNERS TAI CHI FOR HEALTH & WELLNESS (NO CLASS MAY 7)
	10AM-12PM	JBWC MEETING (MAY 7 ONLY)
	10:30AM-11:15AM	STRENGTH & BALANCE WITH ART JONES (NO CLASS MAY 7)
	12:15PM-1PM	LINE DANCING WITH SHIRLEY (NO CLASS MAY 7)
	1:30PM-2:30PM	BRAIN & BODY WITH PAM
WEDNESDAY	3PM-4PM	SOUND BATH WITH SUE STEWART (MAY 14 ONLY)
	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
	2PM-4PM	MOVIES FOR YOU!
THURSDAY	9:15AM-10AM	*NEW BEGINNERS TAI CHI FOR HEALTH & WELLNESS WITH ART
	9:30AM-11:30AM	NEW SITTIN' & KNITTIN' ON THE PORCH WITH JULIE
	10:30AM-11:15AM	STRENGTH & BALANCE WITH ART
	12:15PM-1PM	LINE DANCING WITH SHIRLEY
	1:30PM-2:30PM	BRAIN & BODY WITH PAM
	2PM-4PM	AMERICAN MAH JONG OPEN PLAY
FRIDAY	5PM-7PM	CROCHETING WITH DIA
	6PM-9PM	NE FL COASTAL QUILTERS
	9AM-2PM	QUILTING-SIT & SEW-CRAFTING
FRIDAY	NOON-4PM	OPEN PLAY CARDS/GAMES OF YOUR CHOICE

MOVIE-POPCORN/CANDY/SOFT DRINK @ 2PM WEDNESDAYS
MAY 1 "A MILLION MILES AWAY" (PG); MAY 8 "WONDER WHEEL" (PG);
MAY 15 "EIFFEL" (R);
MAY 22 "THE COURIER" (PG-13); MAY 29 "ONE LIFE" (PG)
DONATION \$5

COLLETTE TRAVEL PRESENTATION-WEDNESDAY, MAY 8 @ 5PM
LITE APPETIZERS & BEVERAGES
WASHINGTON DC; TANZANIA/KENYA SAFARI; PORTUGAL/AZORES; AMALFI COAST/ITALY;
SEQUOIA/CALIFORNIA; WILDERNESS OF SOUTHERN AFRICA/SAFARI BY LAND & WATER

PREMIER WORLD DISCOVERY PRESENTATION-WEDNESDAY, MAY 15 @5PM
LITE APPETIZERS & BEVERAGES
CHRISTMAS MARKETS IN QUEBEC CITY& MONTREAL (DECEMBER 2024);
CUBA DISCOVERY (MARCH 2025)

MY LIFE IN REVIEW- MEMORIES REVISITED
THURSDAY, MAY 16 AT 10AM WITH IRENE ERICKSON
RSVP NEEDED

BEGINNING TAI CHI SESSION MAY 9-JULY 2, 2024

CLOSED MONDAY MEMORIAL DAY