

# FRANCES PADGETT ARLINGTON SENIOR CENTER

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 255-6733 Specialist: Courtney Bend

# FEBRUARY 2026

Monday – Friday - 8 a.m. to 5 p.m.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <u>Daily Schedule</u><br>Chair Yoga 8:30 a.m.<br>Education Materials 8:30 a.m.<br>Word Games 9:30 a.m.<br>Morning Walk 10 a.m.<br>Computer Class 10:30 a.m.<br>Current Events 11 a.m.<br>"News Article"<br>Bingo 12 p.m. | <u>Daily Schedule</u><br>Education Materials 8:30 a.m.<br>Blood Pressure 9:30 a.m.<br>Historical Book Studies 10 a.m.<br>Morning Walk 10 a.m.<br>Current Events 11 a.m.<br>"News Article"<br>Jazzco Line Dance 12:30 p.m.<br><br>-----<br>Square Dance 7 p.m. | <u>Daily Schedule</u><br>Chair Yoga: 8:30 a.m.<br>Education Materials 8:30 a.m.<br>Trivia 9:30 a.m.<br>Morning Walk 10 a.m.<br>Current Events 11 a.m.<br>"News Article"<br>Computer Class 12 p.m.<br><br>-----<br>Ballroom Dancing 7 p.m. | <u>Daily Schedule</u><br>Education Materials 8:30 a.m.<br>Blood Pressure 9:30 a.m.<br>Historical Book Studies 10 a.m.<br>Morning Walk 10 a.m.<br>Current Events 11 a.m.<br>"News Article"<br>Bingo 12 p.m. | <u>Daily Schedule</u><br>Chair Yoga 8:30 a.m.<br>Education Materials 8:30 a.m.<br>Word Games 9:30 a.m.<br>Current Events 11 a.m.<br>"News Article"<br>Bingo 12 p.m. |
| <b>All Day</b><br>Card Games / Dominos   | <b>All Day</b><br>Card Games / Dominos  | <b>All Day</b><br>Card Games / Dominos  | <b>All Day</b><br>Card Games / Dominos   | <b>All Day</b><br>Card Games / Dominos  |
| <b>BREAKFAST: 8:30 a.m.</b>  |   | <b>LUNCH: 11:30 a.m.</b>  |  | <b>Must Sign Up for Meals</b>   |
| 2<br>Black History Month!<br><br>Aldi Shopping Trip 10 a.m.<br><br>Zumba Gold 10:30 a.m.   | 3<br>Northwest Behavior Health 9 a.m.<br><br>Crochet and Craft Group 10 a.m.<br><br>Mahjong 12 - 1 p.m.   | 4<br>Frances Padgett<br>Site Council Meeting 10 a.m.<br><br>Zumba Gold 10:30 a.m.   | 5<br>Black History Month Spotlights<br>11 a.m.- 11:30 a.m.   | 6<br>Spanish Class 10 a.m.  |
| 9<br>National Pizza Day!<br><br>Pizza Party ~ Site Council Fundraiser 10:30 a.m.<br><br>Zumba Gold 10:30 a.m.  | 10<br>Participant Outing<br>"Sweet Pete's"<br>9:30 a.m.   | 11<br>Zumba Gold 10:30 a.m.<br><br>Bunko 12 p.m.  | 12<br>Frances Padgett Participant<br>Meeting 11 a.m.<br><br>Crochet & Craft Group 10 a.m.  | 13<br>Valentines Day Celebration<br>Site Council Raffle<br>and Fundraiser Gift Basket<br>sponsored by Archwell Health<br>10:30 a.m.                                 |
| 16<br><b>CENTER CLOSED<br/>IN OBSERVANCE OF<br/>PRESIDENTS DAY</b>   | 17<br>Ross Shopping Trip 10 a.m.<br><br>Mahjong 12 - 1 p.m.   | 18<br>Bridge the Gap Outing<br>9:30 a.m.<br>(Food Commodities)<br>Must Sign Up - Be a Current<br>Member of Frances Padgett<br>Participate on a Daily Basis<br>(Limited Space)   | 19<br>Nutrition Education with Dietitian<br>Sharon 10:00 a.m.<br>African Heritage Power Plate  | 20<br>Spanish Class 10 a.m.<br><br>Tai Chi Class<br>w/Charles of Conviva<br>10 a.m.   |
| 23<br>Morning Movie 9:30 a.m.<br><br>Zumba Gold 10:30 a.m.   | 24<br>Walmart Supercenter Shopping<br>Trip 10 a.m.  | 25<br>Zumba Gold 10:30 a.m.<br><br>Bunko 12 p.m.  | 26<br>Black History Month<br>Presentation and Luncheon<br>10 a.m.  | 27<br>Game Day!<br>Bad Mitten / Chair Volleyball<br>Corn Hole / Basketball 10 a.m.  |
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