

# FRANCES PADGETT ARLINGTON SENIOR CENTER

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

# JANUARY 2026

Monday – Friday - 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Schedule</u> Chair Yoga 8:30 a.m. Education Materials 8:30 a.m. Word Games 9:30 a.m. Morning Walk 10 a.m. Computer Class 10:30 a.m. Current Events 11 a.m. "News Article" Bingo 12 p.m.	<u>Daily Schedule</u> Education Materials 8:30 a.m. Blood Pressure 9:30 a.m. Historical Book Studies 10 a.m. Morning Walk 10 a.m. Current Events 11 a.m. "News Article" Jazzco Line Dance 12:30 p.m. ----- Square Dance 7 p.m.	<u>Daily Schedule</u> Chair Yoga: 8:30 a.m. Education Materials 8:30 a.m. Trivia 9:30 a.m. Morning Walk 10 a.m. Current Events 11 a.m. "News Article" Computer Class 12 p.m. ----- Ballroom Dancing 7 p.m.	<u>Daily Schedule</u> Education Materials 8:30 a.m. Blood Pressure 9:30 a.m. Historical Book Studies 10 a.m. Morning Walk 10 a.m. Current Events 11 a.m. "News Article" Bingo 12 p.m.	<u>Daily Schedule</u> Chair Yoga 8:30 a.m. Education Materials 8:30 a.m. Word Games 9:30 a.m. Current Events 11 a.m. "News Article" Bingo 12 p.m.
<b>All Day</b> Card Games / Dominos	<b>All Day</b> Card Games / Dominos	<b>All Day</b> Card Games / Dominos	<b>All Day</b> Card Games / Dominos	<b>All Day</b> Card Games / Dominos
<b>BREAKFAST: 8:30 a.m.</b> <b>LUNCH: 11:30 a.m.</b>				
			<b>Must Sign Up for Meals</b>	<b>Activities Subject to Change</b>
			1 CENTER CLOSED HAPPY NEW YEAR!	2 Spanish Class 10 a.m.
5 Ollie's Shopping Trip 10 a.m. Zumba Gold 10:30 a.m.	6 Northwest Behavioral Health Presentation 9 a.m. Crochet Class & Craft Group 10 a.m.	7 Frances Padgett Site Council Meeting 10 a.m. Zumba Gold 10:30 a.m.	8 Tai Chi with Charles of Conviva 10 a.m.	9 <b>Mock ~ Pre Fire Drill 10 a.m.</b>
12 Hope's Closet Shopping Trip 10 a.m.	13 Frances Padgett Participant Meeting 11 a.m.  Crochet Class and Craft Group 10 a.m.	14 <b>Fire Drill 10 a.m.</b>  Bunko 12 p.m.	15 <b>Martin Luther King Recognition 10:30 a.m.- 11:30 a.m.</b>  <b>*Ritz Chamber Players*</b> <b>Friday Musicale 12:30 ~ 2:30 p.m.</b>	16 <b>Shanghai Circus FSCJ Artist Series</b> <b>Wilson Center for the Arts</b> 11:30 a.m. <b>Limited Seating</b>
19 CENTER CLOSED IN OBSERVANCE OF MLK'S BIRTHDAY	20 TJ Maxx Shopping Trip 10 a.m.	21 Bridge the Gap Outing 9:30 a.m. (Food Commodities) Must Sign Up Be a Current Member of Frances Padgett Participate on a Daily Basis to Attend	22 Nutrition Education with Dietitian Sharon 10:30 a.m. "Oral Health and Nutrition"	23 Spanish Class 10 a.m.  Bingo 12 p.m.
26 Zumba Gold 10:30 a.m. Bingo 12 p.m.	27 Walmart Supercenter Shopping Trip 10 a.m.	28 Bunko 12 p.m.	29 Get Up and Move Dance Class with Diane Weaver 10 a.m.	30 Morning Movie 9:30 a.m.