

FRANCES PADGETT ARLINGTON SENIOR CENTER

JANUARY 2026

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

Monday – Friday - 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Schedule 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. All Day Card Games / Dominos	Daily Schedule 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. All Day Card Games / Dominos	Daily Schedule 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. All Day Card Games / Dominos	Daily Schedule 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. All Day Card Games / Dominos	Daily Schedule 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. All Day Card Games / Dominos
BREAKFAST: 8:30 a.m. LUNCH: 11:30 a.m. Must Sign Up for Meals Activities Subject to Change				
			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 Mock ~ Pre Fire Drill 10 a.m.
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 Fire Drill 10 a.m. Bunko 12 p.m.	15 Martin Luther King Recognition 10:30 a.m.- 11:30 a.m. *Ritz Chamber Players* Friday Musicale 12:30 ~ 2:30 p.m.	16 Shanghai Circus FSCJ Artist Series Wilson Center for the Arts 11:30 a.m. Limited Seating
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.