

# FRANCES PADGETT ARLINGTON SENIOR CENTER

# MARCH 2026

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

Monday – Friday - 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<p><b>Daily Schedule</b>                      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.</p> <p><b>All Day</b>                      Card Games / Dominos</p>	<p><b>Daily Schedule</b>                      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.</p> <p><b>All Day</b>                      Card Games / Dominos</p>	<p><b>Daily Schedule</b>                      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.</p> <p><b>All Day</b>                      Card Games / Dominos</p>	<p><b>Daily Schedule</b>                      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.</p> <p><b>All Day</b>                      Card Games / Dominos</p>	<p><b>Daily Schedule</b>                      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.</p> <p><b>All Day</b>                      Card Games / Dominos</p>					
<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>			
2 <b>National Nutrition Month!</b>  Zumba Gold 10:30 a.m.	3  Northwest Behavioral Health Presentation 9 a.m. Monopoly Game Prizes and Presentation with Sabrina of The Insurance Family 10 a.m.  Mahjong 12 - 1 p.m.	4 Frances Padgett Site Council Meeting 10 a.m. Ollies Shopping Trip 10 a.m. Zumba Gold 10:30 a.m.	5  Tai Chi w/Charles 9 a.m.  Jaguars Senior Engagement Event Bingo, Prizes, and Lunch Sponsored by Jaguar's Caterer "The Palate Jax" 10 -1:30 p.m.	6  National Dress Day! "Wear Your Favorite Dress"  Word Games "Hang Man Trivia" 9:30 a.m.	9  The Salvation Army Shopping Trip 10 a.m.  Zumba Gold 10:30 a.m.	10 Frances Padgett Participant Meeting 11 a.m.  Crochet Class / Craft Group 10 a.m.	11  Your JEA Electric Bill Education with Raven Simmons of JEA 10 a.m. Bunko 12 p.m.	12  National Plant a Flower Day! "Flower Bed Planting" Bring in a Flower or Plant Let's Get to Gardening!	13  Painting Class with Melanie of Archwell Health 10 a.m.  Spanish Class 10 a.m.
16 St. Patrick's Day Celebration 10 a.m.	17  Participant Outing "Jasons Deli" 10:45 a.m. Historical Book Studies 10 a.m.  Mahjong 12 - 1 p.m.	18  Bridge the Gap Outing 9:30 a.m. (Food Commodities) Must Sign Up Be a Current Member of F. Padgett Participate on a Daily Basis (Limited Space)	19  Nutrition Education w/Sharon Discovering the Power of Nutrition 10 a.m. Historical Book Studies 10 a.m. Dietitian / Nutrition Survey with COEA 11:00 a.m.	20  <b>SS Special Event</b> <b>Walk for Senior Wellness</b> <b>Friendship Fountain</b> <b>9:30 a.m. ~ 1 p.m.</b>  Trivia with Melanie of Archwell Health 10 a.m.	23  Zumba Gold 10:30 a.m.	24 Walmart Supercenter Shopping 10 a.m. Crochet Class / Craft Grp. 10 a.m.	25  Zumba Gold 10:30 a.m. Bunko 12 p.m.	26  Site Council Induction Ceremony Mary Singleton Center 11:00 a.m.	27  Spanish Class 10 a.m.
30  Zumba Gold 10:30 a.m.	31  Historical Book Studies 10 a.m. Mahjong 12 - 1 p.m.				<b>Collaboration with Arlington Heights Elementary School</b> <b>Crochet Group Teach Students</b> <b>"How to Crochet" Every Wed and Fri 4-5 p.m.</b>				