

FRANCES PADGETT ARLINGTON SENIOR CENTER

NOVEMBER 2025

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
<u>Daily Schedule</u> Card Games ~ All Day Dominos ~All Day 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> Card Games ~ All Day Dominos ~ All Day 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> Card games ~ All Day Dominos ~ All Day 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> Card Games ~ All Day Dominos ~ All Day 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> Card Games ~ All Day Dominos ~ All Day 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.
BREAKFAST: 8:30 a.m. LUNCH: 11:30 a.m. Must Sign Up for Meals Activities Subject to Change				
3	4	5	6	7
Shopping Trip Aldi’s 10 a.m. Zumba Gold 10:30 a.m.	Frances Padgett Site Council Meeting 10 a.m. Northwest Behavioral Health Presentation 9 a.m. Holiday Festival Ticket Sales 6:30 – 8 p.m.	Farmers Market Outing Hosted by Elder Source Mary Singleton 9:15 ~ 1 p.m. Zumba Gold 10:30 a.m.	Nutrition Education w/ Dietitian Sharon 9:30 a.m. Topic: “Potassium in Foods”	Trivia with Melanie from Archwell Health 10 a.m. Veterans Day Recognition 11 a.m. Morning Walk 10 a.m.
10	11	12	13	14
Shopping Trip The Salvation Army 10 a.m. Zumba Gold 10:30 a.m.	CENTER CLOSED FOR VETERANS DAY	Bridge the Gap Outing 9:30 a.m. (Food Commodities) Zumba Gold 10:30 a.m. Bunko 12 p.m.	Author/Comedian Carolyn Meyer Mary Singleton Event 10:15 ~ 12:30	Spanish Class 10 a.m. Morning Walk 10 a.m. Frances Padgett Participant Meeting 11 a.m.
17	18	19	20	21
Fire Drill 10 a.m. Zumba Gold 10:30 a.m.	Crochet Class and Craft Group 10 a.m.	SENIOR EXPO ADAM HERBERT CENTER UNF 9:30 ~ 12 Zumba Gold 10:30 a.m.	Shopping Trip Walmart Supercenter 10 a.m.	Thanksgiving Trivia w/Melanie from Archwell Health 10 a.m. 7 th Annual Joan Turner Luncheon 10:30 ~ 2 / Southbank Hotel
24	25	26	27	28
Morning Movie and Popcorn 9:30 a.m. Zumba Gold 10:30 a.m.	Thanksgiving Themed Pie Party w/Melanie of Archwell Health! 10:00 a.m.	Thanksgiving Celebration 10:45 a.m. (must sign up!)	CENTER CLOSED FOR THANKSGIVING HOLIDAY	CENTER CLOSED FOR THANKSGIVING HOLIDAY