

FRANCES PADGETT ARLINGTON SENIOR CENTER

OCTOBER 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
Card Games 8:00 a.m. Chair Yoga 8:30 a.m. Dominos 8:30 a.m. Materials for Education 8:30 a.m. Word Games 9:30 a.m. Zumba Gold 10:30 a.m. Morning Walk 10 a.m. Computer Class 10:30 a.m. Current Events 11:00 a.m. "News Article" Bingo 12 p.m.	Card Games 8:00 a.m. Puzzles 8:00 a.m. Dominos 8:30 a.m. Materials for Education 8:30 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Morning Walk 10 a.m. Current Events 11:00 a.m. "News Article" Jazzco Line Dance 12:30 p.m. Square Dance 7 p.m.	Chair Yoga 8:30 a.m. Dominos 8:30 a.m. Materials for Education 8:30 a.m. Trivia 9:30 a.m. Morning Walk 10 a.m. Zumba Gold 10:30 a.m. Current Events 11:00 a.m. "News Article" Computer Class 12 p.m. Ballroom Dancing 7 p.m.	Dominos 8:30 a.m. Materials for Education 8:30 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Drumming Exercise 10 a.m. Morning Walk 10 a.m. Current Events 11:00 a.m. "News Article" Bingo 12 p.m.	Chair Yoga 8:30 a.m. Materials for Education 8:30 a.m. Word Games 9:30 a.m. Morning Walk 10 a.m. Current Events 11:00 a.m. "News Article" Bingo 12 p.m.
AVAILABLE DAILY: Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Billiards, Walking, Word Puzzles, & Educational Topics BREAKFAST: Tuesday-Thursday 8:30 a.m. / LUNCH: 11:30 a.m. Must sign up to receive meals. / All Activities are Subject to Change				
Breast Cancer Awareness Month!		1 Frances Padgett Site Council Meeting 10 a.m. Bingo with Melanie of Archwell Health 12 p.m.	2 Field Trip: Aldi's 10 a.m.	3 New Spanish Class 10 a.m. Introducing Site Council Candidates 11 a.m.
6 Zumba 10:30 a.m. Frances Padgett Participant Meeting 11 a.m.	7 Northwest Behavioral Health 9 a.m. Field Trip: Ross 10 a.m. Site Council Election-Voting Day! 9 a.m.-1 p.m.	8 Presentation w/Ray of Medicare "Breast Cancer Awareness and Healthy Topics" (Wear Pink) 10 a.m. Bunko 12 p.m.	9 Senior Blue Gala Hosted by Will Thorp Karaoke Mary Singleton 9:45 ~ 2 Seniors on a Misson "Cell Phone Training" 10 a.m.	10 OKTOBERFEST!!! Sponsors; Nelson of CarePlus Lisi with Latin Music and Karaoke 10 a.m.
13 National Train Your Brain Day! Word Games 9:30 a.m. "Hangman Trivia"	14 Crochet Class and Craft Group 10 a.m.	15 Bridge the Gap 9:30 a.m. (Food Commodities)	16 "Monopoly Game" Bingo Prizes and Presentation w/Sabrena of Medicare 10 a.m.	17 New Spanish Class 10 a.m. Arboretum and Gardens Fall In Love with Nature Hike and Stroll 10 ~ 12 (Bus leaves at 9:30)
20 Trivia with Archwell Health 10 a.m.	21 Tai Chi w/Charles of Conviva 10 a.m.	22 Nutrition Education w/Dietitian Sharon Topic: "Vitamin B12" 10 a.m. Bunko 12 p.m.	23 Field Trip Walmart Supercenter 10 a.m.	24 New Spanish Class 10 a.m.
27 Field Trip: Tree Hill Nature Lunch Sponsored by Archwell Health 9:30 a.m.	28 Crochet Class and Craft Group 10 a.m.	29 Fall Resource Festival Extension Office 10 ~ 12 Breast Cancer Awareness Workshop with Archwell Health 10 a.m. (Wear Pink)	30 Participant Outing 10:45 a.m.	31 Spooky Halloween Celebration Sponsored by Archwell Health 10:30 a.m. "Costume Contest"