FRANCES PADGETT ARLINGTON SENIOR CENTER MAY 2025

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 255-6733 Specialist: Courtney Bend Monday – Friday ~ 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Card Games 8:00 a.m.  Puzzles 8:00 a.m.  Chair Yoga 8:30 a.m.  Dominos 8:30 a.m.  Word Games 9:30 a.m.  Morning Walk 10 a.m.  Computer Class 10:30 a.m.  Bingo 12 p.m. | Card Games 8:00 a.m.  Puzzles 8:00 a.m.  Dominos 8:30 a.m.  Blood Pressure 9:30 a.m.  Bible Study 10 a.m.  Morning Walk 10 a.m.    Jazzco Line Dance 12:30 p.m.  Square Dance 7 p.m. | Chair Yoga 8:30 a.m.  Dominos 8:30 a.m.  Trivia 9:30 a.m.  Morning Walk 10 a.m.  Zumba Gold 10:30 a.m.  Computer Class 12 p.m. Ballroom Dancing 7 p.m. | Blood Pressure 9:30 a.m.  Dominos 8:30 a.m.  Bible Study 10 a.m.  Drumming Exercise 10 a.m.  Morning Walk 10 a.m.  Bingo 12 p.m. | Chair Yoga 8:30 a.m.  Word Games 9:30 a.m.  Morning Walk 10 a.m.  Zumba Gold 10:30 a.m.  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.** | | | | |
|  |  |  | 1  Nutrition Education with Dietitian Sharon 9:00 a.m.  Topic - Mood and Brain Supporting Micronutrients | 2  **NEW - Spanish Class 10 a.m.**  Morning Walk 10 a.m.  Zumba 10:30 a.m. |
| 5  **Field Trip:** Aldi’s 10 a.m.  Frances Padgett  Site Council Meeting 10 a.m. | 6  Northwest Behavioral Health Presentation 9:00 a.m.  Hat Decorating Craft Class10 a.m. | 7  **Bash at the Ballfield**  **VyStar Ballpark**  **Limited Tickets Available**  **RSVP Required** | 8  Modified Independence  w/Kris Wilson, Featuring Movie:  “SAVING CLAIRE” 10 a.m. | 9  **Mothers Day Celebration**  **10:30 a.m.** |
| 12  **Field Trip:**  The Salvation Army 10 a.m. | 13  Frances Padgett Participant Meeting “Reviewing Previous and Future Activities/Events” 11 a.m.  Crochet Class 10 a.m. | 14  **Field Trip:** Bridge The Gap  “Food Commodities” 9:30 a.m.  Bunko 12 p.m. | 15  Scams/Identity Theft  Presentation w/David  of VyStar 10 a.m. | 16  **NEW - Spanish Class 10 a.m.**  Zumba 10:30 a.m.  Bingo 12 p.m. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Saturday the** **17th**  Growing Bolder 9 a.m. - 1 p.m.  100 Festival Park Ave. 32202  Transportation Provided  Sign Up to Attend |
| 19  Morning Walk Day! 10 a.m.  “Get Your Exercise On!” | 20  **Field Trip:** Ross 10 a.m. | 21 **SENIOR EXPO**  **ADAM HERBERT CENTER**  **UNF 10-12**  (Bus leaving at 9:15-9:30 a.m.) | 22  Morning Movie 9:30 a.m. | 23  **Memorial Day Celebration**  **10:30 a.m.** |
| 26  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MEMORIAL DAY** | 27  Tai Chi Class w/Charles  of Conviva 10 a.m. | 28  **Field Trip:**  Walmart & Dollar Tree 10 a.m.  Bunko 12 p.m. | 29  **SENIOR CENTER SHOWCASE!**  **MARY SINGLETON**  **10 a.m. - 2 p.m.** | 30  **National Water a Flower Day!**  “Lets get outside and water some flowers and plants in our garden” |