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 PadgettSite 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. | 15Scams/Identity TheftPresentation w/Davidof 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/Charlesof 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” |