FRANCES PADGETT ARLINGTON SENIOR CENTER JULY 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. Zumba Gold 10:30 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. Card Games 8:00 a.m.Puzzles 8:00 a.m.Word Games 9:30 a.m.Morning Walk 10 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.** |
|  | 1Northwest Behavioral Health Presentation 9:00 a.m. **Field Trip:** Aldi’s 10 a.m.Crochet Class 10 a.m. | 2**Field Trip:** Cannery Duval Extension Office10:00 a.m. | 3**Fourth of July Celebration 10:30 a.m.**   | 4**CENTER CLOSED** **IN OBSERVANCE OF** **INDEPENDENCE DAY** |
| 7 Frances Padgett Site Council Meeting 10 a.m.Zumba 10:30 a.m. | 8**Field Trip:** Jim Fortuna “Summer Party” 10:30 a.m.  | 9 Frances Padgett Participant Meeting 11 a.m.“Review of Past Activities and Events / Discussion of New”Bunko 12 p.m. | 10 **Field Trip:** Lunch Out 10:45 a.m. “Celeno’s Bistro” | 11  **Summer Swim** **Blue Cypress Pool** **Water Safety 10 a.m.**Morning Walk 10 a.m**.****New Spanish Class 10 a.m.**Bingo 12 p.m. |
| 14 **Field Trip:** Hope’s Closet 10 a.m. | 15 Local Initiative Support Corporation “LISC” Presentation “Estate Planning/ Heirs Properties” w/Kelvin 10 a.m.Crochet Class 10 a.m. | 16 **Field Trip**: Bridge the Gap 9:30 a.m. (Food Commodities) | 17  **Game Day!**Morning Games 9:30 a.m. | 18 Morning Movie 9:30 a.m. |
| 21 Zumba 10:30 a.m. | 22 **Summer Swim** **Blue Cypress Pool** **Free Swim 10 a.m.**Tai Chi Class w/Charlesof Conviva 10 a.m. | 23 Nutrition Education with Dietitian Sharon 10 a.m. Topic: “Healthy Fats and Oils” Bunko 12 p.m. | 24 **Field Trip:** Benny Furlong “Beach Walk” 10 a.m.  | **25** **Garden Tea Party & Silent Auction 9:30 a.m.** |
| 28 Supervisor of Elections Office Presentation 10 a.m. | 29 **Field Trip:** Bowling and Pizza “Main Event” with Mandarin Center10 a.m. | 30**Field Trip:** Walmart Supercenter 10 a.m. | 31 **New Spanish Class 10 a.m.** |  |