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.** | | | | |
|  | 1  Northwest 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 Office  10:00 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/Charles  of 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 Center  10 a.m. | 30  **Field Trip:** Walmart Supercenter 10 a.m. | 31  **New Spanish Class 10 a.m.** |  |