FRANCES PADGETT ARLINGTON SENIOR CENTER AUGUST 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. | Card Games 8:00 a.m.Puzzles 8:00 a.m. Chair Yoga 8:30 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: Monday – Friday 11:30 a.m.** |
|  |  |  |  | 1**New Spanish Class 10 a.m.****Blue Cypress Pool** **Aqua Aerobics Class 11 a.m.** |
| 4**Field Trip:** Riverview Senior Center “Flea Market” 9:30 a.m.Zumba 10:30 a.m.Bingo 12 p.m. | 5 NW Behavioral Health w/Charles 9 – 10:30 a.m.Crochet Class 10 a.m.**Blue Cypress Pool** **Aqua Aerobics Class 11 a.m.** | 6 Frances Padgett Site Council Meeting 10 a.m.**Field Trip:** Feeding Northeast Florida presentation with a food demonstration at Bennie Furlong 9:30 a.m.  | 7 **Field Trip:**Fresh Field Farms 10 a.m.  | 8**SENIOR PROM****“A Golden Time of Day”** **PRIME OSBORNE****5:30 ~ 8:30** |
| 11 **Field Trip:**Big Lots and The Salvation Army 10 a.m.  | 12 Frances Padgett Participant Meeting“Future and Past Activities and Events”11 a.m.Tai Chi Class with Charles of Conviva10 a.m.**Blue Cypress Pool** **Water Safety Class 10 a.m.** | 13 Morning Walk 10 a.m. Zumba 10:30 a.m. Bunko 12 p.m.**CENTER CLOSING EARLY** **FOR CAS MEETING** | 14 Nutrition Educationwith Dietitian Sharon Topic: 10 Tips“Reducing Sodium Intake”10 a.m. | 15 Site Council Pizza Fundraiser 10:30 a.m. |
| 18**Field Trip:** Ocean Way Senior Center“Bingo, Fun and Hot Dogs”9:30 a.m. Zumba 10:30 a.m. | 19 Archwell Health Presentation / Event“Disco Trivia” 10 a.m. | 20 **Field Trip:**Bridge the Gap 9:30 a.m. (Food Commodities) | 21 “Monopoly Game”, Bingo, Prizes and Presentation with Sabrena,Licensed Insurance Agent of Medicare 10 a.m.  | 22**New Spanish Class 10 a.m.****Blue Cypress Pool** **Summer’s End****Free Swim! 10 ~ 12** |
| 25 Morning Movie 9:30 a.m. | 26 Seniors on A Mission“Cell Phone Training” 10 a.m. Crochet Class 10 a.m. | 27 **Field Trip:** Walmart Supercenter 10 a.m. Bunko 12 p.m. | 28 “Planted In Peace” Workshop and Presentationwith Charlisha of Get a Policy Now 10 a.m. | 29National College and NFL League Team Colors Day!“Wear your Favorite Team Colors”**New Spanish Class 10 a.m.** |