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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 Conviva  10 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 Education  with 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 Presentation  with 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.** |