

# FRANCES PADGETT ARLINGTON SENIOR CENTER

August 2023

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 255-6733

Specialist: David Wunder/Holly Eastman

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 8:30 a.m. Word Games 9:30 a.m. Exercise Class 10 a.m. Gardening 10 a.m. History Class 11 a.m. Bingo 12 p.m. Quilt & Sew 12 p.m. Mah Jong 12:30 p.m. Senior Fitness 3 p.m.	Breakfast: 8:30 a.m. Blood Pressure 9:30 a.m. Adventure Health 10 a.m. Bible Study 10 a.m. Wii Bowling 10 a.m. Jazzco Line Dance 12 p.m. Stretching 3:30 p.m. Square Dance 7 p.m.	Breakfast: 8:30 a.m. Exercise Class 8:30 a.m. Zumba Gold 10:30 a.m. Trivia 11 a.m. Knit & Crochet 12 p.m. Line Dance 1 p.m. Bible Study 2 p.m. Chair Volleyball 2:30 p.m. Ballroom Dancing 7 p.m.	Breakfast: 8:30 a.m. Pinochle 9 a.m. Wood Carving 9 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Drumming Exercise 10 a.m. Bingo 12 p.m. Computer Class 12 p.m. Dance Lessons 1 p.m. Line Dance 1:30 p.m. Ballroom Dance 2:30 p.m. Senior Fitness 3:30 p.m.	Exercise Class 8:30 a.m. Canasta 9 a.m. Word Games 9:30 a.m. Aerobics 10 a.m. Tai Chi 10 a.m. Chess 11:30 a.m. Bingo 12 p.m. Chair Volleyball 1:30 p.m. End By 3:30 p.m.
<b>AVAILABLE DAILY-</b> Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Pool, Walking, Word Puzzles, & Educational Topics <b>LUNCH:</b> 11:30 a.m.				
	1 Canasta Gals 11 a.m.	2 Site Council Meeting 10 a.m.	3	4 Ukulele Lesson 11 a.m. Jazzco 6 p.m. Senior Prom (Prime Osborn Center) <b>*must purchase ticket(s)*</b> 5 p.m.- 8:30 p.m.
7 Welcome to Summer at Charlie Joesph Senior Center 10 a.m.	8 Participant Meeting 10 a.m. Bunko 1 p.m.	9 Taste of Jax: Juicy Crab 11 a.m. - Carpool Only Cool Chic's Bridge 1 p.m.	10 Yard Sale Fundraiser 9-2 p.m.	11 Yard Sale Fundraiser 9-2 p.m. Ukulele Jam 1 p.m.
14	15 Aldi's 10 a.m. Canasta Gals 11 a.m.	16 Afternoon Social 2 p.m.	17	18 Ukulele Lesson 11 a.m. Beading with Helen 2 p.m.
21 Wear Green for National Senior Citizen's Day Morning Social 10 a.m.	22 Bridge The gap 10 a.m. Bunko 1 p.m.	23 Spirit Week Senior Center Olympics: Opening Ceremony 10 a.m. Cool Chic's Bridge 1 p.m.	24 Spirit Week Senior Center Olympics: Games 10 a.m.	25 Spirit Week: Senior Center Olympics Closing Ceremony and Awards 10 a.m.
28 Walk Around the World with Senior Services 10:00 a.m. Location: TBD	29 Canasta Gals 11 a.m.	30	31	