



# FRANCES PADGETT ARLINGTON SENIOR CENTER

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

Specialist: David Wunder & Holly Eastman

## September 2023

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yog 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. Bridge 9 a.m. Pinochle 9 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 3:15 p.m. Square Dance 6 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. Chair Volleyball 2:30 p.m. Ballroom Dancing 7 p.m.	Breakfast: 8:30 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. Movie 1:15 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. 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. <b>End By 3:30 p.m.</b>
<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.				
<b>September is National Falls Prevention Awareness Month!</b>   				1 Ukulele Lesson 11 a.m. Jazzco 6 p.m.
4 <i>Center Closed in Observance of Labor Day</i>	5 Canasta Gals 11 a.m.	6 Frances Padgett Site Council Meeting 10 a.m.	7 Trip: Walmart Neighborhood market and Family dollar 10 a.m.	8 Ukulele Jam 11 a.m.  Family Game Night W/ AARP 6 – 8 p.m. Registration required.
11	12 Frances Padgett Participant Meeting 11 a.m. Bunko 1 p.m.	13 Cool Chic's Bridge 1 p.m. Afternoon Social 2 p.m.	14 Trip to Jacksonville Zoo 10:00 am Registration Required	15 Ukulele Lesson 11 a.m. Beading W/ Helen 2 p.m.
18 Morning Social 10 a.m.	19 Canasta Gals 11 a.m.	20	21 Bridge The gap 10 a.m.	22 Ukulele Lesson 11 a.m.
25	26 Bunko 1 p.m.	27 Cool Chic's Bridge 1 p.m.	28 Wal-Mart 10 a.m.	29