

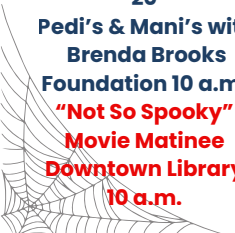
Frances Padgett Arlington Senior Center

1078 Rogero Road
Jacksonville, FL 32211

(904) 255-6733 | Specialist: Ila Hawkins-Riley

Monday – Friday, 8am to 5pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 8:30 a.m. Word Games 9:30 a.m. Morning Walk 10 a.m. Computer Class 10:30 a.m. Zumba 10:30 a.m. Bingo 12 p.m.	Blood Pressure 9:30 a.m. Historical Studies 10 a.m. Morning Walk 10 a.m. Current Events 11 a.m. Jazzco Line Dance 12:30 p.m. Square Dance 7 p.m.	Chair Yoga 8:30 a.m. Trivia 9:30 a.m. Morning Walk 10 a.m. Zumba 10:30 a.m. Computer Class 12 p.m. Ballroom Dancing 7 p.m.	Blood Pressure 9:30 a.m. Historical Studies 10 a.m. Morning Walk 10 a.m. Current Events 11 a.m. Bingo 12 p.m.	Chair Yoga 8:30 a.m. Word Games 9:30 a.m. Current Events 11 a.m. Bingo 12 p.m.
Breakfast Served Daily at 9 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (V)=Video (I)= Instructor			1 Bingo with Captel Phone Service Provider 10 a.m.	2 Health Fair with Various Providers 10 a.m.
5 Outing: Mikata Buffet 11 a.m.	6 Mental Health with Charles NW Behavioral Mahjong 12:30 p.m. 	7 Site Council Meeting 10 a.m. Ice Cream social with Lakisa Ross from Dedicated Bunko 12 p.m. 	8 Outing: Carvill Senior Center Yard Sale 10 a.m.	9 Spanish Class 10 a.m. Nutrition Education Topic: Improving your Health Literacy 11 a.m.
12 Multi Game Workshops 10 a.m. Participant Meeting 11 a.m.	13 Jewelry Making with Ila 10 a.m. Mahjong 12:30 p.m. 	14 Frances Padgett Flea Market 10 a.m. 	15 Fall Prevention Lunch & Learn w/Stacey of Rising Tide Wellness 10 a.m.	16  Represent Your Favorite NFL Team Senior Smart Florida Bar Business Law w/Angela Scott 10:30 a.m.
19 Breast Cancer Awareness Week  Outing: Rowes Grocery store 11 a.m.	20 Pedi's & Mani's with Brenda Brooks Foundation 10 a.m. "Not So Spooky" Movie Matinee Downtown Library 10 a.m. 	21 Outing: Bridge the Gap 9 a.m. Presentation with Darlene Vinson / Humana 10 a.m.	22 Wear Pink Fashion Show Pink Parade 10 a.m. 	23 Outing: Riverview Senior Fall Carnival 10 a.m.
26 Movie Day (TBD) 9:30 a.m. 	27 Outing: St. Augustine Aquarium Bus Departing 9:30 a.m.	28 Musical Bingo with Dawn from Care Plus Avoiding Scams 10 a.m. 	29 Outing: Publix 10 a.m.	CPR  30 Red Cross Hands Only CPR 10 a.m. Trick a Table Decorating Contest 