

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.
	1 Care Plus – Medicare 101 w/Dawn Epstein 10 a.m. Mahjong 12:30 p.m.	2. Northwest Behavior Group Session 9 a.m. Site Council Meeting 10:00 a.m. Painting with a Twist 10 a.m. 	3 End of Summer Luau BBQ! Special Guest / Entertainment Mandarin Belly Dancers and Dance Troop 10 – 12 	4 Outing: Blue Cypress Pool Aqua Aerobics 10 a.m. 
7 CENTER CLOSED 	8 Crochet Class 9:30 a.m. American Care Ice Cream Social 11 a.m. Mahjong 12:30 p.m.	9 The Doctors Center Tai Chi 11 a.m. Bunko 12:30 p.m.	10 Outing: Hopes Closet 10 a.m.	11 Spanish Class 10 a.m. Participant Meeting 11 a.m.
14 Musical Bingo 10 a.m. 	15 Hurricane Preparedness w/Careplus 10 a.m.  Mahjong 12:30 p.m.	16 Bridge the Gap 9 a.m.	17 Ice Cream Social w/Lakisha Ross from Devoted 11 a.m. 	18 Monopoly with Sabrena 10 a.m. 
21 Painting with Bling 10 a.m. 	22 Crochet Class 9 a.m. Mahjong 12:30 p.m.	23 Outing: Publix 10 a.m. Bunko 12:30 a.m.	24 Outing: Emerson Thrift Store 10 a.m.	25 Spanish Class 10 a.m. Nutrition Education 11 a.m.
28 Morning Movie 9:30 a.m.	29 Outing: Walmart 10 a.m. Fall Prevention w/Kris 12:30 a.m.	30 Outing: Joseph Pizza 10 a.m.	Breakfast Served Daily at 8:30 a.m. Lunch Served Daily at 12:00 p.m. *Must Sign Up for Meals **Activities Subject to Change (v)=Video (I)= Instructor	