FRANCES PADGETT ARLINGTON SENIOR ENTER JANUARY 2025

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 255-6733 Specialist: Courtney Bend Monday – Friday ~ 8 a.m. to 5 p.m.

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| **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.  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. | Chair Yoga 8:30 a.m.  Word Games 9:30 a.m.  Morning Walk 10 a.m.  Zumba Gold 10:30 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:** 11:30 a.m. | | | | |
|  |  | **1**  **CENTERS CLOSED**  **HAPPY NEW YEAR!** | **2**  Nutrition Education with Dietitian Sharon “Build A Healthy Eating Routine” 10 a.m.  Morning Walk 10 a.m.  Bingo 12 p.m. | **3**  Word Games**/**Trivia 9:30 a.m.  Zumba 10:30 a.m.  Bingo 12 p.m. |
| **6**  National Technology Day!  Technology Trivia 9:30 a.m. | **7**  Crochet Class 10 -11 a.m.  Jazzco Line Dance 12:30 p.m.  Square Dance 7 p.m. | **8**  **Field Trip:** Aldi’s 10 a.m.  Frances Padgett Site Council Meeting 10 a.m.  Bunko 12 p.m. | **9**  Covid Kit Distribution & Presentation 10 a.m.  Crochet Class 10-11 a.m.  Bingo 12 p.m. | **10**  **12:00 Ritz Chamber Players**  **Tea at the Terry!**  **“Coretta’s Voice”**  **JU’s Terry Theatre**  **Please Sign Up** |
| **13**  Frances Padgett Participant Meeting 11 a.m.  “Reviewing previous and future activities” | **14**  **Field Trip:** Ross 10 a.m. | **15**  **Field Trip:**  Bridge The Gap 9:30 a.m.  (Food Commodities) | **16**  Morning Movie 9:30 a.m. | **17**  Martin Luther King Recognition 10 a.m. |
| **20**  **CENTER CLOSED**  **IN OBSERVANCE OF**  **MARTIN LUTHER KING JR.** | **21’**  Crochet Class 10 -11 a.m.  Jazzco 12:30 p.m.  Square Dance 7 p.m. | **22**  **Field Trip:** Roses 10 a.m.  Bunko 12 p.m. | **23**  Crochet Class 10 - 11 a.m.  Bingo 12 p.m. | **24**  National Compliment Day!  “Compliment Your Peers Today!” |
| **27 10:00 Florida Theatre**  **Theatreworks Presents**  **STEP AFRIKA!**  **A Senior Center Event**  **Sign up ~ Seats Limited** | **28**  Seniors on a Mission 10 a.m.  “Cell Phone Training” | **29**  **Field Trip:**  Walmart Supercenter 10 a.m. | **30**  Get Up and Move Class with Diane Weaver 10 a.m. | **31**  Breakfast Site Council Fundraiser 9:00 a.m. |