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.  |