FRANCES PADGETT ARLINGTON SENIOR CENTER MARCH 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.** | | | | |
| 3  Game Day 8:30 a.m.  Morning Walk 10 a.m.  Bingo 12 p.m. | 4  Northwest Behavioral Health Presentation 9 a.m.  **Field Trip:** Ross 10 a.m.  Crochet Class 10 a.m. | 5  Frances Padgett  Site Council Meeting 10 a.m. | 6  Nutrition Education with Dietitian Sharon 9 a.m.-10 a.m.  **National Women’s Month!**  **(Ladies Wear Dresses Today)** | 7  **National Dress in Blue Day!**  **Wear Blue Today!**  Spanish Class 10 a.m.  Zumba 10:30 a.m. |
| 10  **SHINE Presentation w/Carrie of Elder Source and Medicare**  **10 a.m.** | 11  Frances Padgett Participant Meeting 11 a.m.  “Reviewing Previous and Future Activities/Events” | 12  **Field Trip**: Aldi’s 10 a.m.  Bunko 12 p.m. | 13  **Tai Chi Class**  **w/Charles Macabasco of Conviva 10 a.m.** | 14  National  Learn about Butterflies Day!  Butterfly Trivia 9:30 a.m. |
| 17  **St. Patrick's Day Celebration**  **Wear Green! 10:30 a.m.** | 18  Crochet Class 10 a.m.  Morning Walk 10 a.m.  Jazzco Line Dance 12:30 p.m. | 19  **Field Trip**: Bridge the Gap  (Food Commodities)  9:30 a.m. | 20  **Field Trip**: Walmart Supercenter 10 a.m.  Crochet Class 10 a.m.  Morning Walk 10 a.m. | 21  Memory Trivia 9:30 a.m.  Spanish Class 10 a.m.  Zumba 10:30 a.m. |
| 24  **Field Trip:** Hopes Closet 10 a.m. | 25  **“Get Past the “Huh??”**  **Better Communication with Better Hearing w/Jerry**  **of YES Hearing 10 a.m.** | 26  Morning Walk 10 a.m.  Zumba 10:30 a.m.  Bunko 12 p.m. | 27  Morning Movie 9:30 a.m. | 28  **Walk for Senior Wellness**  **Friendship Fountain**  **11 a.m. – 1 p.m.**  **Registration Required** |
| 31  **Field Trip:** Bargain Bins 10 a.m. |  |  |  |  |