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. | 5Frances PadgettSite 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 NationalLearn 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. |  |  |  |  |