

# FRANCES PADGETT ARLINGTON SENIOR CENTER

# JULY 2024

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 255-6733

Specialist: Courtney Bend

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Card Games 8:00 a.m. Puzzles 8:00 a.m. Chair Yoga 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. Blood Pressure 9:30a.m. Bible Study 10 a.m. Jazzco Line Dance 12 p.m. Square Dance 7 p.m.	Chair Yoga 8:30 a.m. Trivia 9:30 a.m. Zumba Gold 10:30 a.m. Computer Class 12 p.m. Ballroom Dancing 7 p.m.	Blood Pressure 9:30 a.m. Bible Study 10 a.m. Drumming Exercise 10 a.m. Bingo 12 p.m.	Chair Yoga 8:30 a.m. Word Games 9:30 a.m. Zumba Gold 10:30 a.m. Bingo 12 p.m.
<b>AVAILABLE DAILY:</b> Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Pool, Walking, Word Puzzles & Educational Topics <b>BREAKFAST:</b> 8:30 A.M. <b>LUNCH:</b> 11:30 a.m.				
1	2 Frances Padgett Site Council Meeting 10 a.m.	3 <b>4<sup>th</sup> of July Celebration 10:30a.m.</b>	4 <b>CENTER IS CLOSED In Observance of Independence Day.</b>	5
8	9 Frances Padgett Participant Meeting. 11 a.m. <i>We will be going over future activities and events.</i>	10 Bunko 12 p.m.	11 <b>Field Trip:</b> Walmart Supercenter 10 a.m.	12
15	16 <b>Field Trip:</b> Bargain Bins 10 a.m.	17 <b>Field Trip:</b> Bridge the Gap 10 a.m. (Food Commodities)	18 Site Council Fundraiser (Pizza Party) 11 a.m. 1 Slice and a Drink \$3 2 Slices and a Drink \$5	19
22 Morning Social 10 a.m. w/ Potluck Snacks and breakfast <b>Center breakfast <u>will not</u> be served.</b>	23 <b>Field Trip:</b> Publix 10 a.m.	24 <b>Field Trip:</b> Jam & Oil Making Class (Extension Office) 10 a.m.  Bunko 12 p.m.	25 Health Talk "Benefits of Gardening as We Age" VIP Care (Better Health Group) 10 a.m.	26 July Birthday Celebration 12 p.m.
29	30	31 Site Council Shopping Day 10 a.m. (Walmart)		