

FRANCES PADGETT ARLINGTON SENIOR CENTER

APRIL 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. Word Games 9:30 a.m. Morning Walk 10 a.m. Chair Yoga 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 9:30 a.m. Bible Study 10 a.m. Jazzco Line Dance 12 p.m. Square Dance 7 p.m.	Exercise Class 8:30 a.m. Trivia 10 a.m. Zumba Gold 10:30 a.m. Ballroom Dancing 7 p.m.	Blood Pressure 9:30 a.m. Bible Study 10 a.m. Drumming Exercise 10 a.m. Computer Class 12 p.m. Bingo 12 p.m.	Exercise Class 8:30 a.m. Aerobics 9:00 a.m. Word Games 9:30 a.m. Zumba Gold 10:30 a.m. Bingo 12 p.m.

AVAILABLE DAILY: Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Pool, Walking, Word Puzzles, & Educational Topics
BREAKFAST: 8:30 A.M. **LUNCH:** 11:30 a.m.

1 April Fool's Day!	2 Mental Health Workshop W/ Northwest Behavioral Health 9:00 a.m.	3 Frances Padgett Site Council Meeting 10 a.m.	4 Field Trip: Lunch at Tidbits 10 a.m.	5 Jazzco 6 p.m.
8	9 Frances Padgett Participant Meeting 11 a.m.	10 Bunko 12 p.m.	11	12 Morning Movie 10 a.m.
15	16	17 Bridge The Gap 10 a.m.	18	19 Walk for Senior Wellness at 1301 Riverplace Blvd Suite C102 on the Southbank riverwalk 10:00 a.m.
22 Morning Social 10 a.m. Wear Purple for National Purple Day	23 Mental Health Workshop W/ Northwest Behavioral Health 9:00 a.m. Field Trip: Aldi's 10 a.m.	24 Bunko 12 p.m.	25 Yard Sale Fundraiser 10:30 a.m. Site Council Hot Dog Lunch Fundraiser 11 a.m.	26 Yard Sale Fundraiser 10:30 a.m. April Birthday Celebration at Noon
29 Technology Pop Up W/ Seniors on a Mission 10 a.m.	30 Field Trip: Walmart 10 a.m.			