

# FRANCES PADGETT ARLINGTON SENIOR CENTER

# MARCH 2024

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

Specialist: Holly Eastman

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yog 8:30 a.m. Word Games 9:30 a.m. Exercise Class 10 a.m. Gardening 10 a.m. History Class 11 a.m. Bingo 12 p.m. Dominoes 12 p.m. Quilt & Sew 12 p.m. Mah Jong 12:30 p.m. Senior Fitness 3 p.m.	Pinochle 9 a.m. Blood Pressure 9:30 a.m. Adventure Health 10 a.m. Bible Study 10 a.m. Wii Bowling 10 a.m. Jazzco Line Dance 12 p.m. Stretching 3:15 p.m.  Square Dance 7 p.m.	Exercise Class 8:30 a.m. Zumba Gold 10:30 a.m. Trivia 11 a.m. Knit & Crochet 12 p.m. Computer Class 12 p.m. Line Dance 1 p.m. Chair Volleyball 2:30 p.m.  Ballroom Dance 6 p.m.	Wood Carving 9 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Drumming Exercise 10 a.m. Bingo 12 p.m. Line Dance 1:30 p.m.	Exercise Class 8:30 a.m. Word Games 9:30 a.m. Aerobics 10 a.m. Tai Chi 10 a.m. Chess 11:30 a.m. Bingo 12 p.m. Chair Volleyball 1:30 p.m. <b>End By 3:30 p.m.</b>
<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 Dancing W/ Jazzco 6 p.m.
4	5 Canasta Gals 11 a.m.	6 Frances Padgett Site Council Meeting 10 a.m.	7 <b>Field Trip:</b> Walmart Neighborhood Market & Dollar Tree 10 a.m.	8
11	12 Frances Padgett Participant Meeting 11 a.m.  Bunko 12 p.m.	13 Bridge the Gap 10 a.m.  Cool Chic's Bridge 1 p.m.	14	15 St Patrick's Day Celebration 10:30 a.m.  Beading w Helen 2 p.m.
18	19 Canasta Gals 11 a.m.	20 <b>Field Trip:</b> Chair Volleyball at Mandarin Senior Center 10 a.m.	21 Safety & Security Seminar: Spotting the Scam @ Extension Center (registration required) 10:30 a.m.	22
25	26 Bunko 12 p.m.	27 Easter Celebration 10:30 a.m.  Cool Chic's Bridge 1 p.m.	28	29 Center closed for Fish-A-Thon at Hanna Park