

FRANCES PADGETT ARLINGTON SENIOR CENTER

FEBRUARY 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 6 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. <i>End By 3:30 p.m.</i>
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	2 Black History – Spotlight 10:30 a.m. Jazzco 6 p.m.
5 Healthy Cleaning Tips with Allyday Alexander from Devoted Health 10:30 a.m. Registration Required	6 Canasta Gals 11 a.m.	7	8 Trip to Hopes Closet Thrift Store 10 a.m.	9
12 Get up And Move W/ Diane 10:30 A.m. ***NO EXERCISE CLASS 10 A.M.***	13 Frances Padgett Participant Meeting 11 a.m. Bunko 12 p.m.	14 Cool Chic's Bridge 1 p.m. Valentines' day Party & raffle drawing 12 p.m.	15 Trip to Walmart Neighborhood Market & Dollar Tree 10 a.m.	16 Beading W/ Helen 2 p.m.
19 Center Closed in Observance of Presidents' Day	20 Canasta Gals 11 a.m.	21 Commodities with Bridge the Gap 10:00 a.m.	22	23 Black History –Spotlight 10:30 a.m.
26 The Health and Wellness Committe Presents: Chair Yoga at Mandarin Senior Center 10:00 a.m.	27 Bunko 12 p.m.	28 Cool Chic's Bridge 1 p.m.	29 Walmart 10 a.m.	

