

FRANCES PADGETT ARLINGTON SENIOR CENTER

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

Specialist: David Wunder

March 2023

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Card Games 9 a.m. Word Games 9:30 a.m. Exercise Class 10 a.m. Bingo 12 p.m.	Card Games 9 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Jazzco Line Dance 12 p.m. Square Dance 6 p.m.	Card Games 9 a.m. Drumming Exercise 10 a.m. Trivia 11 a.m. Wii Bowling 12 p.m. Zumba Gold 12:15 p.m. Dance Night 7 p.m.	Card Games 9 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Computer Class 12 p.m. Bingo 12 p.m.	Card Games 9 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 Site Council Meeting 10 a.m.	2 Bridge the Gap 10 a.m.	3 Jazzco Line Dance 6 p.m.
6 Participants Meeting 11 a.m.	7 National Consumer Protection Week Presentation W/ Thelma Crump 10 a.m. Taste of Jax: Cantina Louies 11 a.m.	8	9 Presentation: Council on Elder Affairs and Age Friendly Jacksonville 11 a.m.	10
13 Wal Mart 10 a.m. Bingo with UNF PACT 12 p.m.	14 National Pi Day 10:30 a.m.	15	16 Seniors on a Mission: Smart Phone 101 9 a.m. to 1 p.m.	17 St. Patrick's Day Party 10:30 a.m.
20 Game Day with Tabitha from CarePlus 10 a.m.	21	22 Presentation: Captel – Captioned Telephones 11 a.m.	23 Big Lots & Salvation Army Thrift 10 a.m.	24 Presentation: Fall Prevention W/ Devoted Medical 11:00 a.m.
27	28	29 Bowling at Main Event 10 a.m.	30	31