

FRANCES PADGETT- ARLINGTON SENIOR CENTER

1078 Rogero Rd. ~ Jacksonville, FL 32211 ~ (904) 723-6142

Specialist: Chanel Stewart

SEPTEMBER 2021

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Variety 8:30 a.m. Card Games 9 a.m. Chair Volleyball or Exercise DVD 9:30 a.m. Walking 10 a.m. Bingo 12:30 p.m. Bring Your Musical Instrument 2 p.m.	Puzzles 8:30 a.m. Chair Dancing 10 a.m. Walmart 10:30 a.m. Bingo 12:30 p.m. Ballroom Dance Class 3p.m.	Puzzles 8:30 a.m. Card Games 8:30 a.m. Walking 10 a.m. Exercise DVD 10:30 a.m. Line Dance Class 1 p.m. Puzzle Variety 12 p.m.	Bible Study 10 a.m. Publix Shopping 10:30 a.m. Trivia 10:30 a.m. Bingo 12:30 p.m. Computer Class 12 p.m. Bring Your Musical Instrument 2 p.m.	Exercise 9:30 a.m. Card Games 10 a.m. Wii Sports 10 a.m. Line Dancing 2 p.m.
AVAILABLE DAILY Pool, Computer Lab, Jigsaw Puzzles, Hidden Picture, Word Puzzles, Adult Coloring, Dominoes, Current Events, Walking, Wii Bowling & Educational Topics LUNCH 11:30 a.m.				
		1 Celebrate Cholesterol Education Month: Interactive Cholesterol Demonstration 11 a.m.	2	3 National College Colors Day! Wear Your School Colors, Jerseys, or Bring Your School Picture 10:30 a.m.
6 Labor Day <i>Senior Center Closed in Observance of Labor Day</i>	7	8	9 Honoring the 20 th Anniversary of 9/11 Event 11 a.m.	10 Remembrance of 9/11: Where Were You? 10 a.m.
13 "National Line Dance Week" 1 p.m.	14	15 National Hispanic Heritage Month 9/15 – 10/15 Share Your Heritage Activity 11 a.m.	16	17 Movie & Popcorn 11 a.m.
20 Grand Re-Opening 10 a.m.	21 Bingo 12:30 p.m.	22 Arlington's Got Talent 10 a.m.	23 Bingo 12:30 p.m.	24 September Birthday's Celebration at Frances Padgett 12:30 p.m.
27 Keep Your Balance: Fall Prevention Exercise & Safety Tips Discussion 10 a.m.	28 Fall Prevention Discussion 10:30 a.m.	29 Women's Health & Fitness Day: What is Your Favorite Exercise? 11 a.m.	30	