








Hastings Senior Center
904-209-3694

May 2025

6150 S. Main Street, Hastings, FL 32145

Monday	Wednesday	Friday	
		2 National Space Day 10:00 Yoga with Cara 11:00 Fun and Games 	<u>Every Monday</u> 9:30 Coffee Chat 10:00 Exercise 10:45 Games & Dominoes 11:45 Lunch 12:15 Trivia 12:45 Clean up, Sanitize, Prep
5 Cinco de Mayo 9:00 to 10:00 Gardening 10:00 Dance with our Pat 	7 Wildflower Week 10:00 Aerobic Exercise -Library Staff 10:30 Bingo Provided by Comfort Care Home Care 12:45 Social Committee Meeting	9 National Lost Sock Day 10:00 Yoga 11:00 Pampering of the Ladies for Mother's Day!!! 	<u>Every Wednesday</u> 9:30 Coffee Chat 10:00 Exercise 10:30 Presentations 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!
12 National Bike Week 9:00 to 10:00 Gardening 10:00 Dance with MS. Pat 	14 National Dance Like a Chicken Day 10:00 Aerobic Exercise -Library Staff 10:30 Senior Safety SJCS Department-Thomas Williams 12:45 Advisory Council Meeting	16 Endangered Species Day 10:00 Yoga 11:00 Smoke Detectors, SJC Fire and Rescue 12:00 Birthday Celebration Sponsored by Capital City Bank	<u>Every Friday</u> 9:30 Coffee Chat 10:00 Yoga Class 11:00 Presentations 11:45 Lunch 12:15 Memory Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!
19 World Bee Day is Tomorrow Ride the Victory 111 Field Trip Leave the center at 9:30 Cost \$25.00	21 Pick Strawberry Day 10:00 Aerobic Exercise -Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center	23 World Turtle Day/ Turtle candy Yum!!! 10:00 Yoga 11:00 Fun and Games	National Bike and Physical Fitness Month National Mental Health Lupis Awareness Lyme Disease Awareness
26 COA CLOSED 	28 Flip Flop Day 10:00 Aerobic Exercise -Library Staff 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean 10:30	30 National Smile Day is Tomorrow 10:00 Yoga with Cara 11:00 American Red Cross- Home Fire Campaign	