





Hastings Senior Center
904-209-3694

July 2025

6150 S. Main Street, Hastings, FL 32145

Monday	Wednesday	Friday	
	2 UFO Day / I Forgot Day 0:00 Aerobic Exercise -Library Staff 10:30 Patriotic Song Sing-along with Annette 12:45 Social Committee Meeting	4 CLOSED  <i>Happy 4th of July</i>	Every Monday 9:00-10:00 Gardening 9:30 Coffee Chat 10:00 Exercise 10:45 Games & Dominoes 11:45 Lunch 12:15 Trivia
7 World Chocolate Day 9:00 to 10:00 Gardening 10:00 Aerobics with Colleen 10:30 University of St Augustine Students Games and Fun 	9 National Sugar Cookie Day 10:00 Aerobic Exercise -Library Staff 10:30 Kona Ice and Games to Keep Cool!!! 12:45 Advisory Committee Meeting	11 World Essential Oil Day, We can make insect repellent. 10:00 Yoga on Video 11:00 Fun and Games Saturday the 12 th Hastings Ho-Down 11:30 The WE Harris Gym, Food will be provided.	Every Wednesday 9:30 Coffee Chat 10:00 Exercise 10:30 Presentations 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep
14 National Mac and Cheese Day 9:00 to 10:00 Gardening 10:00 Aerobics with Colleen 10:30 University of St Augustine Students Games and Fun	16 National Hot Dog Day 10:00 Aerobic Exercise -Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center Anthony Coleman Cooks for us Today!!!	18 World Listening Day 10:00 Yoga on Video 11:00 Feeding Northeast Florida Cooking Demonstration 12:00 Birthday Celebration Sponsored by Capital City Bank	Every Friday 9:30 Coffee Chat 10:00 Yoga Class 11:00 Presentations 11:45 Lunch 12:15 Memory Games 12:45 Clean up, Sanitize, Prep
21 National Junk Food Day 9:00 to 10:00 Gardening 10:00 Aerobics with Colleen 10:30 University of St Augustine Students Games and Fun	23 National Gorgeous Grandma Day- Photos will be taken! 10:00 Aerobic Exercise -Library Staff 10:30 Wildflower Healthcare BP Checks & Chat with a Wildflower Nurse.	25 Christmas in July- View Hastings Christmas Parade Video. 11:00 Yoga on Video 10:30 UF Health-A Talk- Healing High Blood Pressure Naturally	July 16 th 1:00- Bioactive Terrarium Class July 26 th 11:00- Hastings Library- Solar Cooking Class
28 Bikini Day 9:00 to 10:00 Gardening 10:00 Aerobics with Colleen 10:30 University of St Augustine Students Games and Fun	30 International Friendship Day 10:00 Aerobic Exercise -Library Staff 10:30 Megan Wall Lecture- Importance of A Durable Power of Attorney and Advance Directive		Celebrating- National Parks Month National Picnic Month UV Safety Month