

Monday

Tuesday

Wednesday

Thursday

Friday



Coastal Community Center  
Program Coordinators  
Myra Fisher  
Suzanna Reed  
[mfisher@stjohnscoa.com](mailto:mfisher@stjohnscoa.com)  
[sreed@stjohnscoa.com](mailto:sreed@stjohnscoa.com)  
904-209-3636



**5** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:30 BP w/Wildflower**  
**9:30 Tai Chi w/Sean**  
**10:00 Library Tec w/Susan**  
10:00 Senior of the Month  
11:30 Lunch

**6**  
8:30 Coffee Chat  
9:00 Cards & Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**7** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:15 Yoga w/Maiga**  
10:00 Bee (honey) and Tea  
Presentation w/June  
11:30 Lunch

**8** BP w/Cammie  
8:30 Coffee Chat  
9:00 Cards/Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**9** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:00 Wii Bowling**  
**10:00 Market Day**  
11:00 Nutritional Education  
11:30 Lunch

**12** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:30 BP w/Wildflower**  
**9:30 Tai Chi w/Sean**  
**10:00 Watercolor w/Robin**  
11:30 Lunch

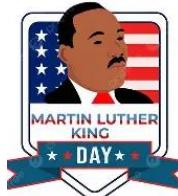
**13** Haircuts w/Keith  
8:30 Coffee Chat  
9:00 Cards & Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**14** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:15 Yoga w/Maiga**  
**10:00 Book Club**  
10:00 You Be the Judge  
11:30 Lunch

**15** BP w/Grace  
8:30 Coffee Chat  
9:00 Cards/Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**16** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:00 Wii Bowling**  
10:00 Music w/Lou Parisi  
11:30 Lunch

**19** The COA is closed for



**20**  
8:30 Coffee Chat  
9:00 Cards & Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**21**  
8:30 Coffee Chat  
9:00 Cards & Games  
**9:15 Yoga w/Maiga**  
10:00 Music w/Bo  
11:30 Lunch

**22** BP w/Grace  
8:30 Coffee Chat  
9:00 Cards/Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**23** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:00 Wii Bowling**  
10:00 Brain Challenge  
w/Marlene  
11:30 Lunch

**26** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:30 BP w/Wildflower**  
**9:30 Tai Chi w/Sean**  
10:00 Prescription  
information w/Tina  
11:30 Lunch

**27** Haircuts w/Keith  
8:30 Coffee Chat  
9:00 Cards & Games  
9:30 Exercise w/Bob  
**10:00 Bingo**  
11:30 Lunch

**28** *Birthday Bash!!!*  
8:30 Coffee Chat  
9:00 Cards & Games  
**9:15 Yoga w/Maiga**  
10:00 Music w/Lisi  
11:30 Lunch

**29** BP w/Grace  
8:30 Coffee Chat  
9:00 Cards/Games  
9:30 Exercise w/Bob  
9:30 Nutritional Education  
**10:00 Bingo**  
11:30 Lunch

**30** 8:30 Coffee Chat  
9:00 Cards & Games  
**9:00 Wii Bowling**  
10:00 Too Much Drama  
w/Charlene  
11:30 Lunch