

Monday	Wednesday	Friday	
		2 The COA is closed today for: 	Every Monday 9:30 Coffee Chat 10:00 Exercise 10:45 Games & Dominoes 11:45 Lunch 12:15 Trivia 12:45 Clean up, Sanitize, Prep
5 National Bird Day 9:00 Gardening 10:00 Line Dance Class 10:30 Dominoes and Games 11:00 Crochet Circle 	7 National Bobblehead Day 10:00 Aerobic Exercise 10:30 Fun and Games 12:45 Social Committee 	9 National Milk Day 10:00 Yoga with Cara 11:00 Flagler College Theatre Arts/ Interviews 	Every Wednesday 9:30 Coffee Chat 10:00 Exercise 10:30 Presentations 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep
12 National Popcorn Day 9:00 Gardening 10:00 Line Dance Class 10:30 Dominoes and Games 11:00 Singing with Annette	14 National Dress Your Pet Day 10:00 Aerobic Exercise 10:30 Musical Bingo/ Tailored Made Insurance Solutions 12:45 Advisory Council Meeting	16 National Fig Newton Day 9:30 Digital Literacy Class 11:00 Flagler College Theatre Arts/ Presentation of Our Play 12:15 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
19 COA CLOSED. 	21 National Hugging Day 10:00 Aerobic Exercise 10:30 Preparing for the Future/ Able4Seniors	23 National Pie Day 9:30 Digital Literacy Class 11:00 Yoga with Cara	Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-209-3694 Program Assistant Michelle Brannen
26 National Spouse Day 9:00 Gardening 10:00 Line Dance Class 10:30 Dominoes and Games 11:00 Singing with Annette 	28 National Daisy Day 10:00 Aerobic Exercise Checks & Chat Individually with A Wildflower Nurse	30 National Puzzle Day 9:30 Digital Literacy Class 11:00 Yoga with Cara 	