

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