

Monday	Wednesday	Friday	
		<p><b>1 May Day and National Space Day</b></p> <p>10:00 Yoga with Cara 11:00 <b>Chris Benjamin Recycling and other things.</b></p>	<p><b><u>Every Monday</u></b> 9:30 Coffee Chat 9:00 Gardening 10:00 Singing and Crocheting 10:45 Games &amp; Dominoes 11:45 Lunch 12:15 Trivia</p>
<p><b>4 Cinco de Mayo is Tuesday</b> 99:00 Gardening “Seedy Sharon” at 9:30. 10:00 Singing Session and Crochet Circle 10:45 Exercise and Games</p> 	<p><b>6 Wildflower Week</b> 10:00 Aerobic Exercise 10:30 <b>UF Health /Behavior Resource Center</b></p>	<p><b>8 World Red Cross Day Field Trip</b> <b>The Fountain of Youth</b> The bus leaves at 9:15 and returns at 1:00</p> 	<p><b><u>Every Wednesday</u></b> 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!</p>
<p><b>11 Hostess Cupcake Day</b> 9:00 Gardening with “Seedy Sharon” at 9:30. 10:00 Singing Session and Crochet Circle 10:45 <b>Feeding Northeast Florida/Nutrition Education</b></p>	<p><b>13 National Dance Like a Chicken Day</b> 10:00 Aerobic Exercise 10:30 <b>Putnam Health Department/Heart Health Ambassador Subject-Sodium</b> 12:45 Advisory Council Meeting</p>	<p><b>15 Bring Flowers to Someone Day</b> 10:00 Yoga 11:00 NAVF Veterans Seminar 12:00 <b>BirthDay Celebration</b> Sponsored by Capital City Bank</p> 	<p><b><u>Every Friday</u></b> 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!</p>
<p><b>18 I Love Reese’s Day</b> 9:00 Gardening with “Seedy Sharon” at 9:30. 10:00 Singing Session and Crochet Circle 110:45 Exercise and Games</p>	<p><b>20 World Bee Day</b> 10:00 Aerobic Exercise 10:30 <b>What Happens if You Die Without a Will? Megan Wall</b></p>	<p><b>22 World Turtle Day/ Turtle candy Yum!!!</b> 10:00 Yoga 11:00 Jeopardy</p>	<p>National Bike and Physical Fitness Month National Mental Health Lupis Awareness Lyme Disease Awareness</p>
<p><b>25 COA CLOSED</b></p> 	<p><b>27 National Grape Popsicle Day</b> 10:00 Aerobic Exercise 10:30 Tailored Made Musical <b>Bingo</b></p>	<p><b>29 National Smile Day</b> 10:00 Yoga with Cara 10:30 <b>Wildflower Healthcare BP Checks &amp; Chat with The Nurse</b> 11:00 Fun and Games</p>	