Hastings Senior Center
904-209-3694

November 2026

6150 S. Main Street, Hastings, FL 32145

Monday	Wednesday	Friday	
2 All Soul's Day 9:00 Gardening-Please join us for "Seedy Sharon" talk at 9:30. 10:00 Chair Aerobics Paul Eugene 10:30 Ballroom Dancing/Computer Use	**4 The Day after Election Day** 10:00 Thick Chick Aerobics Exercise 10:30 Putnam County Health Department/Heart Healthy Ambassadors and BP Checks 10:15 – 11:45 Picture Day- Dress for Professional Photos Please 12:45 Social Committee Meeting	**6 National Nacho Day** 10:00 Yoga with Cara 11:00 Sarah Tomlinson/ Master Gardeners Program Coordinator	**Every Monday** 9:00-10:00 Gardening 9:30 Coffee Chat 10:00 Exercise 10:30 Dance Class 11:45 Lunch 12:15 Triva
9 National Fried Chicken Day 9:00 Gardening-Please join us in the garden. 10:00 Chair Aerobics Paul Eugene 10:30 Ballroom Dancing/Computer Use	**11 CLOSED** 	**13 World Kindness Day** 10:00 Yoga with Cara 11:00 UF Health/ Alzheimer's Association, The latest information and health tips.	**Every Wednesday** 9:30 Coffee Chat 10:00 Exercise 11:00 Presentations 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep
16 World Peace Day 9:00 Gardening-Please join us in the garden. 10:00 Chair Aerobics Paul Eugene 10:00 Feeding NE Florida 10:30 Ballroom Dancing/ Computer Use	**18 Global Handwashing Day** 10:00 Thick Chick Aerobics Exercise 10:30 Florida Health WE SCREEN Program/For Women's Cancer Screening 12:45 Advisory Committee Meeting	**20 Great American Smokeout** 10:00 Yoga with Cara 11:00 Brian Robinson EPIC Behavioral Health Care Wildflower Healthcare BP Checks & Chat Individually with A Nurse. 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
23 National Espresso Day 9:00 Gardening-Please join us in the garden. 10:00 Chair Aerobics Paul Eugene 10:30 Ballroom Dancing/ Computer Use	**25 National Jukebox Day/ World Stroke Day** 10:00 Thick Chick Aerobics Exercise 10:30 Megan Wall/ How to Handle Your Kids on Legal Issues	**27 CLOSED** 	Celebrating- Native American Heritage Diabetes Awareness National Aviation History National Family Caregiver Men's Health Awareness
30 Cyber Monday 9:00 Gardening-Please join us in the garden. 10:00 Chair Aerobics Paul Eugene 10:30 Ballroom Dancing/ Computer Use			COA Council on Aging