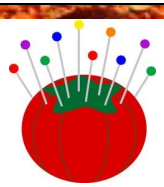
NOVEMBER 2018

COASTAL COMMUNITY CENTER

180 MARINE STREET • ST. AUGUSTINE, FL• 32084 • 209-3696
Program Coordinator • Leila • 209-3647 • lhartland@stjohnscoa.com

SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Learn Something New Podiatrist	2 *Deviled Egg Day*
5 **King Tut Day**	6 **Soda Day**	7 Leaf Day	8 Tongue Twister Day	9 National Postage Stamp Day
12 ccc will be closed for Veteran's Day	13 ***World Kindness Day***	14 Diabetes Awareness Day	15 ***Clean your Refrigerator Day***	16 Button Day Sponsored by: Symphony
19 **World Peace Day**	20 **Beautiful Day**	21 Nutcracker Performance and Thanksgiving Luncheon at the River House	22 ccc will be closed for Thanksgiving	23 ccc will be closed for Thanksgiving
26 Apple Cider Day	27 Pins & Needles Day 	28 **Birthday Bash!** w/ The Coconuts Sponsored by: HUMANA	29 Flavored Tea Day ***Allegro Bell Choir***	30 *Peanut Butter Day*

Council On Aging

VISION STATEMENT

"To provide the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community."

Accredited by ncoa National Institute of Senior Centers

EVERYDAY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	EVERYDAY
9:00-10:30 Blood Pressure 10:00-10:30 Chair Exercise 10:30-11:15 Bunco 11:00-11:30 Coastal Games	9:30-11:15 Bingo **9:30 Hair Cuts By Keith** ***November 13th & 27th*** 	9:30-10:00 Chair Exercise ***10:00 Aging Ain't for Sissies*** 10:30-11:15 Bunco 10:45-11:45 Coastal Games	9:30-11:15 Manicures with Mary 9:30-11:15 Bingo	9:00-10:30 Blood Pressure 10:00-10:30 Chair Exercise 11:00-11:30 Coastal Games	8:00-9:30 Wii Bowling 8:30-11:30 Coffee Bar 9:00-11:30 Jigsaw 9:00-12:00 Word Search 9:00-12:00 Coloring 11:30 Lunch Served 12:15-12:45 Wii Bowling

November 2018 Menu Coastal Community Center • 209-3696

Please call by noon the day before to schedule or cancel a reservation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Open Faced Turkey Sandwich smothered in Gravy, Baked Potato, and Sautéed Squash	2 Roasted Pork, Macaroni & Cheese and, Collard Greens
5 Pizza w/ Pepperoni, Mushroom, Onions, Bell Peppers, and Side Salad	6 Lemon Pepper Fish w/ Squash Medley, Sweet Potatoes, and Wild Rice	7 Cheese Burger w/ Lettuce, Tomato, Pickle, and Oven Roasted Potato Wedges	8 Eggplant Parmesan Smothered in Marinara Sauce, Green Beans, Pasta, Baked Apples, and Garlic Bread	9 BBQ Chicken w/ Cole Slaw, Baked Beans, and Dinner Roll
12 CCC will be closed for Veteran's Day	13 Mediterranean Chicken, Vegetable Medley, Spinach, and Whole Wheat Pasta	14 Fish Sandwich w/ Lettuce, Tomato, Pickle Spear, and Creamy Coleslaw	15 Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Dinner Roll	16 Chili with Beef & Beans, Corn, Brown Rice, and Whole Wheat Crackers
19 Spaghetti smothered w/ Italian Meat Sauce, Italian Green Beans, Baked Peaches, and Garlic Bread	20 Macaroni & Cheese, Stewed Tomatoes, and Spinach	21 Oven Roasted Turkey, Mashed Potatoes, Gravy, Vegetable Medley, Cranberry Sauce, Dinner Roll, and Pumpkin Pie	22 CCC will be closed for Thanksgiving	23 CCC will be closed for Thanksgiving
26 Pot Pie w/Chicken, Peas, Carrots, Celery, Gravy served over a Biscuit, Yellow Squash, and Steamed Broccoli	27 Oven Fried Chicken w/ Black-eyed Peas, Collard Greens, and Corn Bread	28 Oven Roasted Pork Chop Smothered in Gravy,Mashed Potatoes, Corn, and Dinner Roll	29 Baked Ziti w/Italian Green Beans, and Garlic Bread	30 Home-Style Beef Stew, Brussel Sprouts, and Cherry Cobbler

Each meal includes fruit and low fat milk St. Johns County Council on Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, ElderSource, St. Johns Country Board of County Commissioners, and the United Way of St. Johns County.