



April 2024

Coastal Community Senior Center

180 Marine Street St. Augustine, FL 32084

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30 Coffee Chat 9:00 Cards & Games 9:00 PT Students Special Topics 10:00 Nutritional Education 11:30 Lunch</p>	<p>2 8:30 Coffee Chat 9:00 Cards/Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>3 8:30 Coffee Chat 9:00 Cards/Games 9:00 PT Students Special Topics 10:00 NAVF 11:30 Lunch</p>	<p>4 8:30 BP Check w/Grace 8:30 Coffee Chat 9:00 Cards & Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards & Games 9:00 Wii Bowling 10:00 Market Day New Time 11:30 Lunch</p>
<p>8 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Cindy w/VyStar Breaking down a Credit Score 11:30 Lunch</p>	<p>9 Haircuts w/Keith 8:30 Coffee Chat 9:00 Cards/Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>10 8:30 Coffee Chat 9:00 Cards/Games 9:30 Farmers Market at the Beach! 11:30 Lunch</p>	<p>11 8:30 BP Check w/Grace 8:30 Coffee Chat 9:00 Cards & Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>12 8:30 Coffee Chat 9:00 Cards & Games 9:00 Wii Bowling 9:30 Nutritional Education 10:00 Music by Kings English 11:30 Lunch</p>
<p>15 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Emily Oddy w/IMEP 11:30 Lunch</p>	<p>16 8:30 Coffee Chat 9:00 Cards/Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>17 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Myra 10:00 Community Hospice 4 Things that Matter Most 11:30 Lunch</p>	<p>18 8:30 BP Check Cammie 8:30 Coffee Chat 9:00 Cards & Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>19 8:30 Coffee Chat 9:00 Cards & Games 9:00 Wii Bowling 9:30 Journal Time 10:00 Kami Diff btw Assisted Living & Nursing Home 11:30 Lunch</p>
<p>22 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Brook Bernstein w/FAAST 11:30 Lunch</p>	<p>23 Haircuts w/Keith 8:30 Coffee Chat 9:00 Cards/Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>24 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 BIRTHDAY BASH Music by James Cargill 11:30 Lunch</p>	<p>25 8:30 BP Checks w/Grace 8:30 Coffee Chat 9:00 Cards & Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>26 8:30 Coffee Chat 9:00 Cards & Games 9:00 Wii Bowling 10:00 Megan Wall - RH 10:00 Brain Challenge with Marlene 11:30 Lunch</p>
<p>29 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Randi w/Home of Mind 11:30 Lunch</p>	<p>30 8:30 Coffee Chat 9:00 Cards/Games 9:00 Chair Exercise w/Bob 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>			<p>Coastal Community Center Program Coordinator Myra Fisher mfisher@stjohnscoa.com 904-209-3636</p> 