

August 2024

Coastal Community Senior Center

180 Marine Street St. Augustine, FL 32084

Monday

Tuesday

Wednesday

Thursday

Friday

Coastal Community Center
Program Coordinators
Myra Fisher
Suzanna Reed
mfisher@stjohnscoa.com
sreed@stjohnscoa.com
904-209-3636



1
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

2 Wear your favorite hat
8:30 Coffee Chat
9:00 Cards & Games
9:30 Market Day
10:30 PT Students Special Topics
11:30 Lunch

5
Coffee Chat
9:00 Cards & Games
9:30 Chair Yoga w/Maiga
10:00 PT Students Special Topics
11:30 Lunch

6
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

7
8:30 Coffee Chat
9:00 Cards & Games
9:30 Balance w/Myra
10:00 Susan w/Library Assistance w/electronics
11:30 Lunch

8
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

9 8:30 Coffee Chat
9:00 Cards & Games
9:00 Wii Bowling
9:30 Nutritional Education
10:00 PT Students Special Topics
11:30 Lunch

12
Coffee Chat
9:00 Cards & Games
9:30 Chair Yoga w/Maiga
10:00 Susan w/Library Craft – Rock Painting
11:30 Lunch

13 Haircuts w/Keith
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

14
8:30 Coffee Chat
9:00 Cards & Games
9:30 Chair Yoga w/Maiga
10:00 Carrie with Shine to talk about Fraud
11:30 Lunch

15
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

16
8:30 Coffee Chat
9:00 Cards & Games
9:00 Wii Bowling
10:00 Abode Care Partners Medical Care for Seniors
11:30 Lunch

19
Coffee Chat
9:00 Cards & Games
9:30 Chair Yoga w/Maiga
10:00 Cassidy w/Feeding Northeast Florida
11:30 Lunch

20
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

21
8:30 Coffee Chat
9:00 Cards & Games
9:30 Nutritional Education
10:00 Stan the Man w/Stan
11:30 Lunch

22
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

23
8:30 Coffee Chat
9:00 Cards & Games
9:00 Wii Bowling
10:00 Dr Tannarro The Eye Center
11:30 Lunch

26 Wear a favorite tee shirt
8:30 Coffee Chat
9:00 Cards & Games
9:30 Chair Yoga w/Maiga
10:00 Karaoke & Game Day
11:30 Lunch

27 Haircuts w/Keith
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

28 Birthday Bash!!!!
8:30 Coffee Chat
9:00 Cards & Games
9:30 Balance w/Myra
10:00 Jiving w/Ivan
11:30 Lunch

29
8:30 Coffee Chat
9:00 Cards/Games
9:30 Chair Exercise w/Bob
10:00 Bingo
11:30 Lunch

30
8:30 Coffee Chat
9:00 Cards & Games
9:00 Wii Bowling
10:00 Brain Challenge with Marlene
11:30 Lunch