

Mon	Tues	Wed	Thurs	Fri
<p>Every Mon & Friday 9:30 Introductions 9:45 Presentations & Exercise 10:15 Trivia or a Game 11:00 An Activity or Craft 11:30 Lunch</p>	<p>Every Tuesday & Thursday 9:30 Introductions, and Sharing 9:45 Presentations & Exercise 10:00 BINGO 11:30 Lunch</p>	<p>HAIRCUTS BY KEITH TUES <u>8th</u> & <u>22th</u></p>		<p>Theresa Gattey Program Coordinator For CCC 904-209-3636</p>
	<p>1st Black History Month!</p> 	<p>2nd Tater Tots Are The Best</p> 	<p>3rd</p> 	<p>4th MARKET DAY!!!</p> 
<p>7th Nutrition Tips to Reduce Salt & Sodium Presentation</p>	<p>8th BINGO Sponsored By Humana!!!</p>	<p>9th Hearing and Hearing Aid screenings by Lisa White from Connect Hearing @ 10am, bring your hearing aids!</p>	<p>10th Flower Arrangements with The St Augustine Garden Club! Blood Pressure Checks Wildflower Clinic</p>	<p>11th Peppermint Patty Day!</p> 
<p>14th</p> 	<p>15th</p> 	<p>16th Life Alert Presentation with Michelle Hill</p> 	<p>17th</p> 	<p>18th National Caregivers Day! Thank you Caregivers!</p>
<p>21st CLOSED</p> 	<p>22th</p> 	<p>23th Welcome Back The Kings English Singing Group!!!</p>	<p>24th</p> 	<p>25th Nutrition D.A.S.H Eating Plan Presentation</p>