
AUGUST 2022

(904) 209-3636

CCC NEWSLETTER

St. Johns County Council on Aging, Coastal Community
Senior Center 180 Marine Street, St. Augustine 32084



WHAT'S UP IN AUGUST?

On Wednesday, August 17th @ 10:30am the National Association of Veterans & Families is doing a presentation on Senior Fraud & Scams. Come join us and stay safe!

**SUNDAY AUGUST 21ST
IS NATIONAL SENIOR
CITIZENS DAY!
MONDAY 22ND
PIZZA PARTY & ICE
CREAM**

WHAT IS MARKET DAY?



Once a month, we set up a produce stand right here at the senior center! If you love fruits and vegetables but you don't like buying a whole bunch that can go bad before you finish it, come buy it by the piece on 8/16 for just \$.25 each!

We're open Mon - Fri
9:00 - 12:00

Lunch daily at 11:30
Bingo Tues/Thur @ 10
OT students lead fun
activities on Mon/Wed

Haircuts by Keith on
2nd & 4th Tuesday!

Birthday Bash on
Thursday 8/25!!



Menu

Coastal Community Center ♦ August 2022 ♦ 209-3696

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












Monday	Tuesday	Wednesday	Thursday	Friday
1st Smoked Sausage w/ Peppers & Onions served on a Bun, Creamy Cole Slaw, and Baked Beans	2nd Ham & Cheese Sandwich, Lettuce, Tomato, Pickle, and Pea Salad	3rd Chicken Ranch Wrap w/ Cheese, Lettuce, Tomato, and French Fries	4th Spaghetti smothered in Italian Meat Sauce, Caesar Salad, and Garlic Bread	5th Baked Chicken, Baked Potato, Spinach, and Dinner Roll
8th Rigatoni, Salad, and Garlic Bread	9th Philly Steak & Cheese Sub, French Fries, and Fresh Fruit	10th BBQ Chicken, Tomato & Cucumber Salad, Corn, and Dinner Roll	11th Shrimp Salad on a bed of Baby Spinach, Tomato, Carrot, Pea Salad, and Mini Croissant	12th Cheese Burger w/ Lettuce, Tomato, Pickle Chips, and Oven Roasted Potato Wedges
15th Baked Chicken, Collard Greens, and Macaroni & Cheese	16th Meatball Sub with Marinara Sauce & Provolone Cheese, and Garden Salad	17th Apple Chicken Salad on a Bed of Lettuce, Tomato, and Macaroni Salad	18th Broccoli Crust-Less Quiche, Carrot Salad with a Lemon Dijon Vinaigrette, Parsley Potatoes, and Dinner Roll	19th Pot Roast, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
22nd Pizza Party!	23rd Italian Sub w/ Lettuce, Tomato, Onion, Pickle, Potato Chips, and Fresh Fruit	24th Chicken Soft Taco's, Lettuce, Tomatoes, Cheese, Mexican Street Corn Salad, and Fresh Fruit	25th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll	26th Herb Crusted Pork Loin smothered in Gravy, Wild Rice, and Seasonal Vegetables
29th Country Fried Steak, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll	30th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers	31st Turkey & Swiss Cheese Sandwich, Lettuce, Sliced Tomatoes, and Potato Salad		

*** 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, Elder Source, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.

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Mon	Tues	Wed	Thurs	Fri
<p>1st Occupational Therapy Students from the University of St. Augustine for Health Care Sciences. Fun & Learning!</p>	<p>2nd BINGO National Ice Cream Sandwich Day</p> 	<p>3rd Occupational Therapy Students from the University of St. Augustine for Health Care Sciences. Fun & Learning!</p>	<p>4th  BINGO!</p>	<p>5th National Minority Donor Awareness Week</p> 
<p>8th Occupational Therapy Students from the University of St. Augustine for Health Care Sciences. Fun & Learning!</p>	<p>9th TUESDAY HAIRCUTS BY KEITH </p>	<p>10th Occupational Therapy Students from the University of St. Augustine for Health Care Sciences. Fun & Learning!</p>	<p>11th Maria From Wildflower Blood Pressure Checks </p>	<p>12th Presentation on Hypertension & How to Lower Cholesterol With Diet @ 10am</p>
<p>15th WII Bowling </p>	<p>16th BINGO AND MARKET DAY! HEALTHY EATING </p>	<p>17th Senior Fraud & Scam Seminar Hosted By NAVF 10:30AM </p>	<p>18th BINGO Sponsored By Kourtney From Silver Creek! </p>	<p>19th Relax and Breathe With Robin Wilt @ 10am </p>
<p>22nd PIZZA & ICE CREAM PARTY!!! </p>	<p>23rd TUESDAY HAIRCUTS BY KEITH </p>	<p>24th Presentation With Bob Stephens The Buckingham Smith Story @ 10am </p>	<p>25th </p>	<p>26th National Women's Equality Day Story By Theresa </p>
<p>29th WII Bowling </p>	<p>30th </p>	<p>31st FIELD TRIP!!! </p>	<p><u>Every Mon, Wed & Friday</u> 9:30 Introductions 9:45 Presentations & Exercise 10:15 Trivia or a Game 11:00 An Activity or Craft 11:30 Lunch</p>	<p><u>Every Tuesday & Thursday</u> 9:30 Introductions 9:45 Presentations & Exercise 10:00 BINGO Lunch 11:30 Program Coordinator: Theresa Gattay 904-209-3636</p>

How do I get involved?



The five COA Senior Centers are open to everyone in St. Johns County. Each center is a little bit different and we invite you to visit them all!

The **Coastal** Community Center (St. Augustine), the **Trout Creek** Senior Center (Orangedale), and the **Hastings** Senior Center (Hastings) are government-funded congregate meal sites. They are open to all St. Johns County residents age 60+. Lunch is served every day we are open at no cost to you.

You may come any day we are open. We ask that you please let us know you are coming the week before only so we can be sure to have enough lunches for everyone. You may attend up to 3 times as a guest, and then we will go through some paperwork with you to "get you in the system" so you can continue to receive fresh, nutritious meals, nutrition education, and access to fun & healthy activities for FREE!

THE PLAYERS Community Senior Center in Ponte Vedra Beach is open to all adults in St. Johns County. We offer a blend of instructor-based classes that require a fee (usually \$30/month) plus free programming like games, entertainment, guest presentations, parties & more. We serve lunch and play Bingo on Tuesdays and Thursdays. There is a \$5 charge for lunch and a small fee to play bingo depending on the number of cards you play (there are cash prizes!). You're welcome to stop in any time we're open. Please call to reserve a lunch by the Friday before you want to join us.

River House in St. Augustine is a lifelong learning center open to anyone 18 and up. We offer a wide variety of top-notch, instructor-based courses that require advance registration and a fee, plus lots of groups that meet casually with no fee or advance registration required.

All calendars, menus and more information can be found on our website: www.coasjc.org. Below is a list of all the centers' addresses, hours and phone numbers. Call if you have any questions! We hope to see you soon!!

Coastal Community Senior Center: 180 Marine Street, St. Augustine FL 32084
(904) 209-3636 Open Monday through Friday, 9:00 - 12:00

Hastings Senior Center: 6150 South Main Street, Hastings FL 32145
(904) 209-3694 Open Monday, Wednesday, Friday, 10:00 - 1:00

River House Lifelong Learning Center: 179 Marine Street, St. Augustine FL 32084
(904) 209-3655 Open Tuesday, Wednesday, Thursday 9:00 - 4:00

THE PLAYERS Community Senior Center: 175 Landrum Lane, Ponte Vedra Beach FL 32082
(904) 209-3659 Open Tues & Thurs 9:00 - 2:00, Wed 9:00 - 5:00, Fri 9:30 - 3:00

Trout Creek Senior Center: 6795 Collier Road, Orangedale FL 32092
(904) 209-3658 Open Monday, Wednesday, Friday 9:00 - 1:00