

Mon	Tues	Wed	Thurs	Fri
<p>2nd</p> <p>COA is Closed Happy New Year!</p>	<p>3rd</p> <p>8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise with Bob 10:00 Bingo 11:30 Lunch</p> 	<p>4th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise with Bob 10:00 OT student-led activity 11:30 Lunch</p>	<p>5th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p> 	<p>6th spirit day—wear yellow!</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Bunco 11:30 Lunch</p> 
<p>9th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Aerobics (video) 10:00 Baby Photo Challenge 10:30 Wii Bowling 11:30 Lunch</p>	<p>10th haircuts with Keith</p> <p>8:30 Coffee Chat, Cards/Games 9:15 Dr. Foster Cullum presents Preventing Pain Naturally 10:00 Bingo 11:30 Lunch</p> 	<p>11th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 OT student-led activity 11:30 Lunch</p>	<p>12th</p> <p>8:30-10 BP Checks w/Debbie 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>13th wear a fancy hat day!</p> <p>8:30 Coffee Chat, 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 High Tea for MLK Day, sponsored by Bayview 11:30 Lunch</p>
<p>16th</p> <p>COA is Closed Happy Martin Luther King Day!</p>	<p>17th Market Day</p> <p>8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p> 	<p>18th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 OT student-led activity 11:30 Lunch</p>	<p>19th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p> 	<p>20th spirit day—wear purple!</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Guest Speaker—Rick Cain of St. Aug Lighthouse 11:30 Lunch</p>
<p>23rd</p> <p>8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Zumba (video) 10:00 Chinese New Year celebration 10:30 Wii Bowling 11:30 Lunch</p>	<p>24th haircuts with Keith</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise with Bob 10:00 Bingo 11:30 Lunch</p> 	<p>25th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:00 BP Checks w/OT students 9:30 Chair Exercise w/Bob 10:00 OT student-led activity 11:30 Lunch</p>	<p>26th no Bingo today</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Birthday Bash, music by Coconuts, sponsored by United HealthCare 11:30 Lunch</p>	<p>27th opposite day—wear mismatched, backwards, etc</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Megan Wall: What If You Don't Have a Will? 11:30 Lunch</p>
<p>30th</p> <p>8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga (video) 10:00 Guest Talk on Pre-Diabetes w/FL Health Care 11:30 Lunch</p>	<p>31st</p> <p>8:30 Coffee Chat, Cards/Games 9:30 Marc from Concierge Care presents: Arthritis Management 10:00 Bingo 11:30 Lunch</p> 	<p>Happy New Year 2023</p>	 <p>2023 is the Year of the Rabbit</p>	<p>CCC Program Coordinator: Julie Wesling 904-209-3636 jwesling@stjohnscoa.com</p>