


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Dr. Saikaly Dermatologist 11:30 Lunch</p>	<p>4 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 9:30 Nutritional Education 10:00 Bingo 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards & Games 9:30 Strength w/Frank 10:00 OT Students 10:00 Tech w/Linda 11:30 Lunch</p>	<p>6 8:30 BP Check w/Grace 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>7 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Market Day 11:30 Lunch</p>
<p>10 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Garden Club Flower Arrangement Day! 11:30 Lunch</p>	<p>11 Haircuts w/Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>12 8:30 Coffee Chat 9:00 Cards & Games 9:30 Strength w/Frank 10:00 OT Students 11:30 Lunch</p>	<p>13 8:30 BP Check /Cammie 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>14 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Brain Challenge w/Marlene 11:30 Lunch</p>
<p>17 8:30 Coffee Chat 9:00 Cards & Games 9:00 PT Students Evaluation 9:30 Chair Exercise 11:30 Lunch</p>	<p>18 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>19 8:30 Coffee Chat 9:00 Cards & Games 9:30 Strength w/Frank 10:00 OT Students 11:30 Lunch</p>	<p>20 8:30 BP Check w/Grace 8:30 Coffee Chat 9:00 Cards/Games 9:30 Nutritional Education 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>21 Wear Your Fav Tee Shirt 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 King's English Music 11:30 Lunch</p>
<p>24 8:30 Coffee Chat 9:00 Cards & Games 9:00 PT Students Evaluation 9:30 Chair Exercise 11:30 Lunch</p>	<p>25 Haircuts w/Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>26 BIRTHDAY BASH 8:30 Coffee Chat 9:00 OT Students 10:00 Music by Bill Jones 11:30 Lunch Wear Your Favorite Hat!</p>	<p>27 8:30 BP Check w/Grace 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>28 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Seniors VS Crime 10:00 Megan Wall RH 11:30 Lunch</p>
<p>31 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 PT Students Special Topics 11:30 Lunch</p>		<p>Coastal Community Center Program Coordinators Myra Fisher Suzanna Reed mfisher@stjohnscoa.com sreed@stjohnscoa.com 904-209-3636</p>	