



May 2024

Coastal Community Senior Center

180 Marine Street St. Augustine, FL 32084

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coastal Community Center Program Coordinator Myra Fisher <a href="mailto:mfisher@stjohnscoa.com">mfisher@stjohnscoa.com</a> 904-209-3636</p> 		<p><b>1</b> 8:30 Coffee Chat 9:00 Cards/Games 9:30 <b>Balance w/Myra</b> <b>10:00 Nutritional Education</b> <b>10:30 You Be The Judge</b> 11:30 Lunch</p>	<p><b>2</b> <b>8:30 BP Check w/Grace</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>3</b> <b>Kentucky Derby Day – Wear a fancy hat for Derby Day!</b> 8:30 Coffee Chat 9:00 Cards &amp; Games 9:00 Wii Bowling <b>10:00 Market Day</b> 11:30 Lunch</p>
<p><b>6</b> <b>It's Cinco De Mayo</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Chair Yoga with Maiga</b> <b>10:00 Detective Bobbie – Sheriff's Department</b> 11:30 Lunch</p>	<p><b>7</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>8</b> 8:30 Coffee Chat 9:00 Cards/Games 9:30 <b>Chair Yoga w/Maiga</b> <b>10:00 Meet &amp; Greet with Petrona about Insurance</b> 11:30 Lunch</p>	<p><b>9</b> <b>8:30 BP Check w/Grace</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>10</b> <b>Mother's Day Raffle</b> 8:30 Coffee Chat 9:00 Cards &amp; Games 9:00 Wii Bowling <b>10:00 Lets Go To The Movies!</b> 11:30 Lunch</p>
<p><b>13</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Chair Yoga with Maiga</b> <b>10:00 Stan The Man - Karaoke</b> 11:30 Lunch</p>	<p><b>14</b> <b>Haircuts w/Keith</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>15</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Balance w/Myra</b> <b>10:00 Nutrition w/Mindy and Bruce Mylrea</b> 11:30 Lunch</p>	<p><b>16</b> <b>8:30 BP Check Cammie</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>17</b> 8:30 Coffee Chat 9:00 Cards &amp; Games 9:00 Wii Bowling <b>10:00 Traveling Light w/Shelli</b> 11:30 Lunch</p>
<p><b>20</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Chair Yoga with Maiga</b> <b>10:00 Lend An Ear w/Wallie</b> 11:30 Lunch</p>	<p><b>21</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>22</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 Heartland Hospice w/Danna</b> 11:30 Lunch</p>	<p><b>23</b> <b>8:30 BP Checks w/Grace</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>24</b> 8:30 Coffee Chat 9:00 Cards &amp; Games 9:00 Wii Bowling <b>10:00 Megan Wall - RH</b> <b>10:00 Brain Challenge with Marlene</b> 11:30 Lunch</p>
<p><b>27</b> The COA will be closed</p> 	<p><b>28</b> <b>Haircuts w/Keith</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>29</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:30 Balance w/Myra</b> <b>10:00 BIRTHDAY BASH Music by Ivan</b> 11:30 Lunch</p>	<p><b>30</b> <b>8:30 BP Checks w/Grace</b> 8:30 Coffee Chat 9:00 Cards &amp; Games <b>9:00 Chair Exercise w/Bob</b> <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch</p>	<p><b>31</b> 8:30 Coffee Chat 9:00 Cards &amp; Games 9:00 Wii Bowling <b>10:00 Nutritional Education</b> <b>10:00 Shine - Medicare Financial Assistance</b> 11:30 Lunch</p>