

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coastal Community Center Program Coordinators Myra Fisher Suzanna Reed mfisher@stjohnscoa.com sreed@stjohnscoa.com 904-209-3636</p>				<p>1 8:30 Coffee Chat 9:00 Cards & Games No Wii Bowling today 9:30 Prescription Assistance w/Tina 10:00 Market Day 11:30 Lunch</p>
<p>4 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 Presentation by Feeding Northeast Florida 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards/Games 9:00 Nutritional Education 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>6 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Frank 10:00 OT Students 10:00 Library Tech Help 11:30 Lunch</p>	<p>7 Jewelry Sale Begins 8:30 Coffee Chat 9:00 Cards/Games No exercise today 10:00 Bingo 11:30 Lunch</p>	<p>8 Jewelry Sale Continues 8:30 Coffee Chat 9:00 Cards & Games No Wii Bowling today 10:00 Music w/Lou Parisi 11:30 Lunch</p>
<p>11 The COA is closed for</p> 	<p>12 Haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>13 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Frank 10:00 Hope for the Holiday Community Hospice 11:30 Lunch</p>	<p>14 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>15 8:30 Coffee Chat 9:00 Cards & Games 9:00 PT Students Evaluation 9:30 Wii Bowling 10:00 Insurance w/Petrona 11:30 Lunch</p>
<p>18 8:30 Coffee Chat 9:00 Cards & Games 9:00 PT Students Evaluation 9:30 Chair Yoga w/Maiga 10:00 Medicare w/Shine 11:30 Lunch</p>	<p>19 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>20 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Frank 10:00 OT Students 11:30 Lunch</p>	<p>21 8:30 Coffee Chat 9:00 Cards/Games 9:00 Nutritional Education 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>22 BIRTHDAY BASH !!!!!!! 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Jivin' w/Ivan 11:30 Lunch</p>
<p>25 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>26 Haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>27 <i>Special Day at the River House with a Special Holiday Luncheon</i></p>	<p>28 The COA is closed today</p> 	<p>29 The COA will be closed the day after Thanksgiving</p>