












NOVEMBER 2022

Coastal Community Senior Center

180 Marine Street St. Augustine, FL 32084

Mon	Tues	Wed	Thurs	Fri
<p>CCC Program Coordinator: Julie Wesling 904-209-3636 jwesling@stjohnscoa.com</p>	<p>1st 9:00 Coffee Chat, cards & games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p> 	<p>2nd 9:00 Coffee Chat, cards & games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>3rd 9:00 Coffee Chat, cards & games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p> 	<p>4th spirit day--red, white, blue 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 PT student screenings 10:00 Megan Wall lecture at River House—via golf cart! 11:30 Lunch</p>
<p>7th 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>8th haircuts with Keith 9:00 Coffee Chat, cards/games 9:30 chair exercise 10:00 Bingo 11:30 Lunch Today is Election Day!</p>	<p>9th 9:00 Coffee Chat, cards/games 9:30 Maria from Wildflower presentation--diabetes 10:00 OT student-led activity 11:30 Lunch</p>	<p>10th 9:00 Maria from Wildflower BP checks 10:00 Bingo 11:30 Lunch</p> 	<p>11th Veterans Day—  COA is Closed Thank you for your service!</p>
<p>14th 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p> 	<p>15th 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 9:45 Nutrition Education 10:00 Bingo 11:30 Lunch</p>	<p>16th 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>17th 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 10:00 Bingo Sponsored by Kourtney, Silver Creek 11:30 Lunch</p> 	<p>18th Mickey Mouse Day—wear your gear for spirit day! 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 10:00 Laughter Yoga with Amanda 11:30 Lunch</p>
<p>21st 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>22nd haircuts with Keith 9:00 Market Day 9:00 cards/games 9:30 Chair exercise 9:45 Nutrition Ed. 10:00 Bingo 11:30 Lunch</p> 	<p>23rd 9:00 Coffee Chat, cards/games 9:30 Chair exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>24th COA is Closed— Happy Thanksgiving!</p>	<p>25th COA is Closed</p> 
<p>28th 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 10:00 OT student-led activity 11:30 Lunch</p> 	<p>29th 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 10:00 November Birthday Bash with music by Dan Balsamo! 11:30 Lunch</p> 	<p>30th 9:00 Coffee Chat, cards/games 9:30 Chair Exercise 10:00 OT student-led activity 11:30 Lunch</p>	<p>HAPPY BIRTHDAY</p>  <p>Party 11/29 with Dan Balsamo!</p>	<p>Market Day Produce Sale 11/22</p> 