











October 2024

Coastal Community Senior Center

180 Marine Street St. Augustine, FL 32084

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Coastal Community Center Program Coordinators</b>  <b>Myra Fisher</b>  <b>Suzanna Reed</b>  <a href="mailto:mfisher@stjohnscoa.com">mfisher@stjohnscoa.com</a>  <a href="mailto:sreed@sjohnscoa.com">sreed@sjohnscoa.com</a>            904-209-3636</p>	<p><b>1</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch  </p>	<p><b>2</b>            8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Balance w/Myra</b>  <b>10:00 Blue Cross Blue Shield Medicare 101</b>            11:30 Lunch</p>	<p><b>3</b>  <b>8:30 BP Check w/Grace</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>4</b>            8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Wii Bowling</b>  <b>10:00 Market Day</b>            11:30 Lunch  </p>
<p><b>7</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Chair Yoga w/Maiga</b>  <b>10:00 Presentation by Feeding Northeast Florida</b>            11:30 Lunch  </p>	<p><b>8 Haircuts w/Keith</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:00 Nutritional Education</b>  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>9</b>            8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Exercise</b>  <b>10:00 Library Tech Help</b>            11:30 Lunch  </p>	<p><b>10 8:30 BP Check /Cammie</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>11</b>            8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Wii Bowling</b>  <b>10:00 Debbie w/Patsy Kline</b>            11:30 Lunch</p>
<p><b>14</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Chair Yoga w/Maiga</b>  <b>10:00 Brain Challenge w/Marlene</b>            11:30 Lunch  </p>	<p><b>15</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch  </p>	<p><b>16</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Strengthen w/Myra</b>  <b>10:00 Elder Source 50th Birthday Party w/surprise entertainment</b>            11:30 Lunch</p>	<p><b>17 8:30 BP Check w/Grace</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch  </p>	<p><b>18</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Wii Bowling</b>  <b>10:00 Nelson/Michele w/Care Plus Humana</b>            11:30 Lunch  </p>
<p><b>21</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Chair Yoga w/Maiga</b>  <b>10:00 Prescription Assistance w/Tina</b>            11:30 Lunch</p>	<p><b>22 Haircuts w/Keith</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>23</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 St Augustine Coffee House Bus Trip</b>            11:30 Lunch</p>	<p><b>24 8:30 BP Check w/Grace</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:00 Nutritional Education</b>  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>25</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Wii Bowling</b>  <b>10:00 Out of Africa w/Jessica</b>            11:30 Lunch  </p>
<p><b>28</b> 8:30 Coffee Chat            9:00 Cards &amp; Games  <b>9:30 Chair Yoga w/Maiga</b>  <b>10:00 Anna/Wildflower</b>            11:30 Lunch  </p>	<p><b>29</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	<p><b>30 BIRTHDAY BASH</b>            8:30 Coffee Chat  <b>9:00 OT Students</b>  <b>10:00 HALLOWEEN DRESSUP PARTY!</b>            11:30 Lunch</p>	<p><b>31 8:30 BP Check w/Grace</b>            8:30 Coffee Chat            9:00 Cards/Games  <b>9:30 Chair Exercise w/Bob</b>  <b>10:00 Bingo</b>            11:30 Lunch</p>	