



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 The Council on Aging Will Be Closed Today for</p> 	<p>3 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>4 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Myra 10:00 FPL Available Services & Q&A 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards/Games 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 Wii Bowling 10:00 Market Day 11:30 Lunch</p>
<p>9 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>10 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>11 8:30 Coffee Chat 9:00 Cards & Games 9:30 Strength w/Myra 10:00 Library tech help 10:00 Thelma w/Public Service Commission 11:30 Lunch</p>	<p>12 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 Will Bowling 10:00 Kall for Kare Tanya & Sherard 11:30 Lunch</p>
<p>16 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 National Senior Center Month 10:00 Ice Cream Truck 11:30 Lunch</p>	<p>17 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>18 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Myra 10:00 Tom McGowan Flagler College 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 Wii Bowling 11:00 Brain Challenge w/Marlene 11:30 Lunch</p>
<p>23 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 Randi w/Home in Mind - Independence 11:30 Lunch</p>	<p>24 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>25 Birthday Bash Day!!!! 8:30 Coffee Chat 9:00 Cards & Games 9:00 OT Students 9:30 Strength w/Myra 10:00 Music w/ Rod 11:30 Lunch</p>	<p>26 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>27 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Petrona Life Insurance and Medicare 11:30 Lunch</p>
<p>30 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga w/Maiga 10:00 Wayne w/Transportation 11:30 Lunch</p>			<p>INTERNATIONAL DAY OF SIGN Language  September 29, 2024</p>	<p>Coastal Community Center Program Coordinators Myra Fisher Suzanna Reed mfisher@stjohnscoa.com sreed@stjohnscoa.com 904-209-3636</p>