




Mon	Tues	Wed	Thurs	Fri
		1st 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise with Bob 10:00 OT student-led activity 11:30 Lunch	2nd 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch	3rd National Wear Red Day! 8:30 Coffee Chat 9:00 Cards & Games 9:15 Movie in honor of Black History Month: Harriet 11:30 Lunch
6th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Aerobics (video) 10:00 Medicare 101 Presentation by Humana 11:30 Lunch	7th Market Day 8:30 Coffee Chat, Cards/Games 9:00 Cards/Games 9:30 Chair Exercise with Bob 10:00 Bingo 11:30 Lunch 	8th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 OT student-led activity 11:30 Lunch	9th 8:30-10 BP Checks w/Debbie 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch	10th spirit day—Super Bowl! 8:30 Coffee Chat, 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Cathy Tupper explains the COA IMEP Program 11:30 Lunch
13th 8:30 Coffee Chat 9:00 Cards/Games 10:00 Senior Prom 11:30 Lunch 	14th haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch	15th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 OT student-led activity 11:30 Lunch	16th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch	17th spirit day—President's Day 8:30 Coffee Chat 9:00 Cards & Games 9:15 Field Trip to Buc-ees 9:30 Chair Exercise 11:30 Lunch
20th COA is CLOSED Happy President's Day!	21st dress for Mardi Gras! 8:30 Coffee Chat 9:00 Cards & Games 9:30 Mardi Gras cake walk 10:00 Bingopalooza 11:30 Lunch 	22nd 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Guest Speaker--Cindy Stavelly from Colonial Qtr. 11:30 Lunch	23rd no Bingo today 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Birthday Bash, music by The King's English 11:30 Lunch	24th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Megan Wall: Avoid Elder Exploitation 11:30 Lunch
27th 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga (video) 10:00 Guest Comedian: Mama Marge 11:30 Lunch 	28th haircuts with Keith 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch 			CCC Program Coordinator: Julie Wesling 904-209-3636 jwesling@stjohnscoa.com