

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 COA <u>CLOSED</u></p> 	<p>2 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>3 8:30 Coffee Chat 9:00 Cards/Games 9:30 Movie and Popcorn <i>The Long Long Trailer with Lucille Ball & Desi Arnez</i> 11:30 Lunch</p>	<p>4 8:30 BP Checks w/Grace 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards & Games 9:00 Market Day 9:30 Wii Bowling 10:00 Computer 101 with Paul 11:30 Lunch</p>
<p>8 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Hyperbarics and Wound Care along with Confident Care of Florida 11:30 Lunch</p>	<p>9 Haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>10 8:30 Coffee Chat 9:00 Cards/Games 10:00 Mind Your Brain with David Hackney 11:30 Lunch</p>	<p>11 8:30 BP Checks w/Debbie 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>12 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Tale Tellers with Margaret 11:30 Lunch</p>
<p>15 COA <u>CLOSED</u> Martin Luther King Jr. Day</p>	<p>16 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 9:30 Nutrition Education 10:00 Bingo 11:30 Lunch</p>	<p>17 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Michael and Leslie from Care Connection 11:30 Lunch</p>	<p>18 8:30 BP Checks Grace 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>19 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Music with Lou Parisi 11:30 Lunch</p>
<p>22 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Encompass Health Talks about Diabetes 11:30 Lunch</p>	<p>23 Haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>24 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 OT Students 11:30 Lunch</p>	<p>25 8:30 BP Checks Grace 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Exercise 10:00 Bingo 11:30 Lunch</p>	<p>26 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Brain Challenge at CCC 10:00 SJC Legal Aid: What Happens If You Die Without a Will? (at RH) 11:30 Lunch</p>
<p>29 8:30 Coffee Chat 9:00 Cards & Games 9:30 Chair Yoga with Maiga 10:00 Mary Anne and Pups 11:30 Lunch</p>	<p>30 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise 9:30 Nutrition Education 10:00 Bingo 11:30 Lunch</p>	<p>31 8:30 Coffee Chat 9:00 OT Students 10:00 BIRTHDAY BASH! MUSIC BY Ivan 11:30 Lunch</p>	<p>Colors for January: Red is Loyalty and Constancy Blue is New Beginnings and Renewal</p>	<p>Coastal Community Senior Center Program Coordinator Myra Fisher mfisher@stjohnscoa.com 904-209-3636</p>