

Hastings Senior Center
6150 S. Main Street, Hastings, FL 32146
August 2022

Monday	Wednesday	Friday
<p>1 National Girlfriends Day 9:00 – 10:00 Gardening at the Harris Center</p> <p>Kathy Ponce Nutrition Game UF Extension</p>	<p>3 National Watermelon Day 10:00 - 10:30 Hastings Branch Library Exercise 10:30 Kelly Wilson of St Johns County Emergency Management Hurricane Preparedness. 11:00 Wendy Lynch UF Extension Office, Topic--Feed Your Potential. 12:45 Social Committee Meets</p>	<p>5 International Beet Day</p> <p>10:15 Walking</p> 
<p>8 National Friendship Day Bring a gift and a special message for a dollar to give to a friend. 9:00 – 10:00 Gardening at the Harris Center</p>	<p>10 Peachy Keen Day /Wear the color peach. 10:00 to 10:30 Hastings Branch Library Exercise 10:30 Susan Layfield from the University of Florida/IFAS Extension Nutrition Program Food Demonstration 12:45 Advisory Council Meets</p>	<p>12 World Elephant Day</p> <p>10:15 Walking</p>
<p>15 National Relaxation Day 9:00 – 10:00 Gardening at the Harris Center</p> <p>Kathy Ponce Nutrition Game UF Extension</p> 	<p>17 National Tell a Joke Day</p> <p>10:00 to 10:30 Hastings Branch Library Exercise 10:30 Wendy Lynch UF Extension Office Topic-Developing Mindful Eating Habits 11:00 James White our Humana Rep. Bingo 12:15 Birthday Celebration With Ice Cream and Cake Sponsored by Humana</p> 	<p>19 Thrift Shop Day-wear something from the thrift shop and bring something to exchange! 10:15 Walking 11:00 Hastings Public Library Tech Class/Emily Fox</p>
<p>22 Senior Citizen Day Refreshments will be served. 9:00 – 10:00 Gardening at the Harris Center</p>	<p>24 Sunflower Day- We can all wear our sunflowers today.</p> <p>10:00 - 10:30 Hastings Branch Library Exercise</p> 	<p>26 National Dog Day Bring pictures of your dog to share. 10: 15 Walking</p>
<p>29 Spidey Day -Who is your favorite superhero</p> <p>9:00 – 10:00 Gardening at the Harris Center</p> 	<p>31 Wear White Wednesday/ Dress in white from head to toe!!! 10:00 to 10:30 Hastings Branch Library Exercise 10:30 Wildflower Healthcare, Maria Thomas RN, A Short Talk at 10:30 BP Checks, 11:00 Shanee Andrews St Johns County Health and Human Services Class size limited to 10 participants.</p>	<p>Foot Health Month</p> <p>Cataract Awareness Month</p> <p>BFF/ Best Friends Forever Month</p>

Monday	Wednesday	Friday
10:00 Coffee, Chat/ sharing of Info.....		
10:15 Exercise	10:00 Exercise	10:15 Walking
10:45 Crafts	10:30 Presentations	10:45 Dominoes/Puzzles
11:00	11:15 Bunco	
11:45 Lunch	11:45 Lunch	11:45 Lunch
12:15 Trivia/games	12:15 Wacky Wednesday.	12:15 Memory Games
12:45 Clean Up and Sanitize Everything, Prep for Next Day		
1:00 We Will All Go Home for the Day.....		

Program Coordinator: Lorain Vinson (904) 209-3694

