






COA Hastings Senior Center July 2022
 6150 W. Main Street, Hastings FL 32145
 (904) 729-9161

Monday	Wednesday	Friday
Baked Beans Month National Watermelon Month National Picnic Month National Grill Month		1 International Reggae Day/ Drive Your Corvette to Workday 10:30 Walking
4 COA Closed Happy Independence Day!	6 International Kissing Day Hershey's Kisses today!! 10:30 Cholesterol and Blood Sugar check by UF Extension, Wendy Lynch 12:00 A special COA cookout By Anthony Coleman 1:00 Social Committee Meeting	8 National SCUD-Day Savor the Comic, Unplug the Drama 10:30 Walking 
11 International Essential Oil Day 9:00 - 10:00 Gardening at the Harris Center 12:15 Kathy Ponce Nutrition Game UF Extension	13 National French Fry Day 10:30 Susan Layfield from the University of Florida/IFAS Extension Nutrition Program Food Demonstration 12:45 Advisory Council Meets	15 National Give Something Away Day/ Please gift something special to a friend and eliminate some clutter. 10:30 Walking
18 Global Hug Your Kids Day 9:00 - 10:00 Gardening at the Harris Center 	20 National Hot Dog and Lollipop Day 10:30 Blood Pressure, UF Extension, Wendy Lynch 11:00 Presentation by James White from Humana 12:15 Birthday Celebration With Ice Cream and Cake Sponsored by Humana	22 Hula-Hoop Contest today! 10:30 Walking 
25 Show Your True Colors/ Dress in your Favorite Color 9:00 – 10:00 Gardening at the Harris Center 12 :15 Kathy Ponce Nutrition Game UF Extension	27 Take Your Pants for a Walk Day Wildflower Healthcare, Maria Thomas RN, A Short Talk at 10:30 BP Checks, at 11:00. 10:45 Shanee Andrews St Johns County Health and Human Services 11:00 Emily Fox Hastings Library Tech Class	29 Rain Day, where would the Earth be Without Rain 10:00 Food Education/prep participation Class with Wendy Lynch at the Hastings Library 10:30 Walking 

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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
	11:15 Bingo	
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.....		



Calling All Seniors!



www.coasjc.org