

Monday	Wednesday	Friday	
		<p>2 International Beer Day</p> <p>10:00 No Yoga Today</p> <p>11:00 Art with Janet Gallagher Sponsored by Simply Healthcare August 3rd, Back To School in the Al Wilke Park 9:00 to 11:00.</p>	<p><u>Every Monday</u> 9:30 Coffee Chat 10:00 Exercise 10:45 Games & Dominoes 11:45 Lunch 12:15 Trivia 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>5 National Watermelon Day</p> <p>9:00 Gardening at the Harris Center 10:00 Exercise 10:30 Games</p> 	<p>7 National Lighthouse Day 10:00 Aerobic Exercise</p> <p>10:30 Hurricane Preparedness/The Red Cross</p> <p>12:45 Social and Events Committee Meeting</p>	<p>9 National Book Lovers Day</p> <p>10:00 Yoga with Maiga 11:00 Libby online book Resource Presented by The Hastings Branch Library at our Center</p>	<p><u>Every Wednesday</u> 9:30 Coffee Chat 10:00 Exercise 10:30 Presentations 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>12 National Vinyl Record Day</p>  <p>9:00 Gardening at the Harris Center 10:00 Exercise 10:30 Games</p>	<p>14 Social Security Act 10:00 Aerobic Exercise 10:30 Challenging Behaviors of Alzheimer's/ Community Hospice</p> <p>12:45 Advisory Council Meeting</p>	<p>16 Hawaii Statehood Day- Please wear your Hawaiian shirt!!!</p> <p>10:00 Yoga with Maiga</p> <p>11:00 Entertainment by Danny Blevins</p>	<p><u>Every Friday</u> 9:30 Coffee Chat 10:00 Yoga Class 11:00 Presentations 11:45 Lunch 12:15 Memory Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>19 World Photography Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 Games</p> 	<p>21 Senior Citizen Day 10:00 Aerobic Exercise 10:30 Hurricane Preparedness/ Kelly Wilson/ St Johns County Emergency Management Birthday Celebration Sponsored by Capital City Bank</p>	<p>23 Ride Like the Wind Day 10:00 Yoga with Maiga</p> <p>11:00 Art with Janet Gallagher Sponsored by Simply Healthcare</p>	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-729-9161</p>
<p>26 National Dog Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 ...Games</p>	<p>28 Bow Tie Day 10:00 Aerobic Exercise 10:30 Lend an Ear Hearing Program 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean</p>	<p>30 National Beach Day 10:00 Yoga with Maiga 11:00 Chris Benjamin St Johns County Recycling Program.</p>	