









Monday	Wednesday	Friday	
	<p>1 COA CLOSED</p> 	<p>3 National Chocolate Covered Cherry Day</p> <p>10:00 Yoga with Maiga</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</p>
<p>6 National Bean Day 9:00 Gardening at the Harris Center 10:00 Dance Class 10:30 Dominoes and Games</p> 	<p>8 National Winter Skin Relief Day 10:00 Aerobic Exercise -Library Staff 10:30 Chris Benjamin Information Sharing 12:45 Social Committee Meeting</p>	<p>10 National Cut Your Energy Cost Day</p> <p>10:00 Yoga with Maiga</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>13 National Vision Board Day 9:00 Gardening at the Harris Center 10:00 Dance Class 10:30 Dominoes and Games</p>	<p>15 National Hat Day 10:00 Aerobic Exercise -Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center 12:45 Advisory Council Meeting</p>	<p>17 National Popcorn Day 10:00 Yoga with Maiga 11:00 BP Clinic UF&Flagler Health + Chat with Nurse Alfea 12:00 Birthday Celebration Sponsored by Capital City Bank</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>20 COA Closed</p> 	<p>22 National Polka dot Day 10:00 Aerobic Exercise- 10:30- Megan Wall- Lecture- What if You Die Without a Will</p>	<p>24 National Peanut Butter Day/National Compliment Day</p> <p>10:00 Yoga with Maiga</p>	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-209-3694</p>
<p>27 National Chocolate Cake Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p> 	<p>29 National Puzzle Day/National Corn Chip Day 9:00 to 1:00 Lend an Ear Return for Adjustments 10:30 Stroke Prevention and Management 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean</p>	<p>31 National Backward Day</p> <p>10:00 Yoga with Maiga 11:00 Craft Choice</p> 	 <p>Senior Citizen Day January 25th at the W. E. Harris Center 10:00 to 2:00.</p>

