

Monday	Wednesday	Friday	
<p>3 National Egg Day</p> <p>9:00 Gardening at the Harris Center 10:00 Tonya McGary 10:30 USAHS Occupational Therapy Students</p>	<p>5 National Gingerbread Day/ World Environment Day</p> <p>10:00 Hastings Branch Library Aerobic Exercise 10:30 Four Things That Matter Most, Community Hospice 12:45 Social Committee Meeting</p>	<p>7 National Doughnut Day</p> <p>10:00 Yoga with Maiga 11:00 Art with Janet Gallagher Sponsored by Simply Healthcare</p>	<p><u>Every Monday</u></p> <p>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>10 National Herbs and Spices Day</p> <p>9:00 Gardening at the Harris Center 10:00 Tonya McGary 10:30 USAHS Occupational Therapy Students We will make arnica oil.</p>	<p>12 National Peanut Butter Cookie Day</p> <p>10:00 Hastings Branch Library Aerobic Exercise 10:30 Veterans Benefits and Fraud Prevention 12:45 Advisory Council Meeting</p>	<p>14 National Strawberry Shortcake Day</p> <p>10:00 Yoga with Maiga 10:30 <u>Dare Not Walk Alone</u>, Movie Takes a close look at the civil rights movement in our oldest city.</p>	<p><u>Every Wednesday</u></p> <p>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>17 National Eat Your Vegetables Day</p> <p>9:00 Gardening at the Harris Center 10:00 Tonya McGary 10:30 Games</p>	<p>19 Juneteenth</p> <p>10:00 Hastings Branch Library Aerobic Exercise 10:30 Jeopardy at The Hastings Branch Library Birthday Celebration Sponsored by Capital City Bank</p>	<p>21 National Yoga Day</p> <p>10:00- Yoga with Maiga 11:00 Music with Stan the Man and Standable</p>	<p><u>Every Friday</u></p> <p>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>24 Midsummer</p> <p>9:00 Gardening at the Harris Center 10:00 Tonya McGary 10:30 USAHS Occupational Therapy Students</p>	<p>26 National Coconut Day</p> <p>10:00 Hastings Branch Library Aerobic Exercise 10:30 Fraud Prevention Office of the Attorney General 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean</p>	<p>28 National Selfie Day</p> <p>10:00 Yoga with Maiga 11:00 Art with Janet Gallagher Sponsored by Simply Healthcare</p>	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-729-9161</p>