



Hastings Senior Center

904-209-3694

March 2025

6150 S. Main Street, Hastings, FL 32145

Monday	Wednesday	Friday	
<p>3 National Read Across America Day- Read a Book/Mardi Gras Tuesday 9:00 Gardening at Harris Center 10:00 Dance Class with Ms. Pat 10:30 USAH Students</p> 	<p>5 Slam the Scam Day - Stay informed about scams 10:00 Aerobic Exercise - Library Staff 10:30 The Eye Center of St Augustine Physician speaks to us about our "Eyes" 12:45 Social Committee Meeting</p>	<p>7 National Dress in Blue Day- for Colon Cancer Awareness 10:00 Yoga with Cara 11:00 Medicare Specialist Chris Hoff Day light Savings Time Begins March 9th!</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>10 National Napping Day -The Day After Return of Daylight Savings Time 9:00 Gardening at Harris Center 10:00 Dance Class with Ms. Pat 10:30 USA Health Sciences Students</p>	<p>12 National Plant A Flower Day 10:00 Aerobic Exercise -Library Staff 10:30 Amanda Hall Introduction to Rhythm and Drum Circle 12:45 Advisory Council Meeting</p>	<p>14 National Learn about Butterfly's Day/ Pi DAY 10:00 Yoga with Cara 11:00 Fun and Games</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>17 St. Patrick's Day</p>  <p>Field Trip- Ride the Red Train Bus Leaves at 9:15 Lunch at 11:30 at Coastal Community Center Return to Center at 1:00</p>	<p>19 National Let's Laugh Day 10:00 Aerobic Exercise -Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center</p>	<p>21 World Poetry Day 10:00 Yoga with Cara 12:00 Birthday Celebration Sponsored by Capital City Bank The First Day of Spring is the 20th!!!</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>24 National Chocolate Covered Raisin Day 9:00 Gardening at Harris Center 10:00 Dance 10:30 USA Health Sciences Students</p>	<p>26 Purple Day-Raise Awareness about Epilepsy 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean</p>	<p>28 Respect Your Cat Day 10:00 Yoga with Cara 11:00 Fun and Games</p>	<p>March is National- Women's History Month Kidney Month Irish American Month Colorectal Cancer Month Athletic Training Month</p>
<p>31 National Crayon Day 9:00 Gardening at the Harris Center 10:00 Dance Class 11:00 BP Clinic UF&Flagler Kidney Health Discussion</p>			