


<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	
<p><b>Caregivers Appreciation</b> <b>Diabetes Awareness</b> <b>Epilepsy Month</b> <b>Peanut Butter Lovers</b> <b>Sleep Comfort</b></p>		<p><b>1 National Family Literacy Day</b></p> <p>10:00 Yoga with Maiga 11:00 Art with Shannon Sponsored by Simply Healthcare</p>	<p><b><u>Every Monday</u></b> 9:30 Coffee Chat 10:00 Exercise 10:45 Games &amp; Dominoes 11:45 Lunch 12:15 Trivia 12:45 Clean up, Sanitize, Prep</p>
<p><b>4 National Donut Day is Tomorrow</b></p> <p>9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p><b>6 National Nachos Day</b> 10:00 Aerobic Exercise - Library Staff 10:30 - Community Hospice, Hope for the Holidays  12:45 Social and Other Committee Meeting</p>	<p><b>8 Veterans Day Observance</b></p> <p>10:00 Yoga with Maiga 10:45 - 11:30 Tobacco Free St. Johns 10:45 BP Clinic UF&amp;Flagler Health + Chat with Nurse Alfea</p>	<p><b><u>Every Wednesday</u></b> 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><b>11 Veteran's Day</b></p> <p><b>CLOSED</b></p> 	<p><b>13 National PJ Day is Tomorrow</b> 10:00 Aerobic Exercise -Library Staff 10:30 Feeding Northeast Florida Nutrition Program - Bring your appetite!!!  12:45 Advisory Council Meeting</p>	<p><b>15 America Recycles Day</b></p> <p>10:00 Yoga with Maiga 11:00 Lend an Ear Hearing Aid Event - One Room at COA Has to be Silent!!!! 9:00 to 3:00</p>	<p><b><u>Every Friday</u></b> 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><b>18 Mickey Mouse Birthday</b> 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p><b>20 National Absurdity Day</b> 10:00 Aerobic Exercise- Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center <b>Birthday Celebration Sponsored by Capital City Bank</b></p>	<p><b>22 Go for a Ride Day</b></p> <p>10:00 Yoga with Maiga 11:00 Art with Shannon Sponsored by Simply Healthcare</p>	<p>Hastings Program Coordinator: Lorain Vinson <a href="mailto:lvinson@stjohnscoa.com">lvinson@stjohnscoa.com</a> 904-209-3694</p>
<p><b>25 National Parfait Day</b> 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p><b>27 Thanksgiving Feast</b> 10:00 Aerobic Exercise Library Staff 10:30 Wildflower Healthcare BP Checks &amp; Chat with Nurse Jean</p>	<p><b>29</b></p> <p><b>CLOSED</b></p> 	