

Monday	Wednesday	Friday	
	<p>2 Jewelry Exchange Day 10:00 Aerobic Exercise -Library Staff 10:30 - SHINE Medicare Open Enrollment 12:45 Social and Food Committee Meeting</p>	<p>4 World Smile Day 10:00 Yoga with Maiga 11:00 Art with Shannon Sponsored by Simply Healthcare</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>7 Royal Wear Purple Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p>9 World Egg Day 10:00 Aerobic Exercise w/Library Staff 10:30 Feeding Northeast Florida Nutrition Program - Bring your appetite!!! 12:45 Advisory Council Meeting</p>	<p>11 Breast Cancer Awareness Day 10:00 Yoga with Maiga 10:45 thru 11:30 AHEC Vaccines Flu, COVID, RSV, Shingles, Pneumonia 10:45 BP Clinic UF & Flagler Health + Chat with Nurse Alfea</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>14 Columbus and Indigenous Day 9:00 Gardening at the Harris Center 10:00 - 11:00 Cooking for Wellness w/ Wendy</p> 	<p>16 Global Cat Day 10:00 Aerobic Exercise w/ Library Staff 10:30 Jeopardy with The Hastings Branch Library Staff Here at the Center Birthday Celebration Sponsored by Capital City Bank</p>	<p>18 National Cupcake Day 10:00 Yoga with Maiga 11:00 Art with Shannon</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>21 National Reptile Awareness No Gardening!!!! 10:30 USA Health Sciences Students and FIELD TRIP to The Botanical Garden 9:30-12:30.</p>	<p>23 National Boston Cream Pie Day 10:00 Aerobic Exercise w/ Library Staff 10:30 Kathy Kniery Halloween Stories</p>	<p>25 National I Care About You Day 10:00 Yoga with Maiga Sponsored by Simply Healthcare 10:30 thru 11:30 AHEC Vaccines Flu, COVID, RSV, Shingles, Pneumonia</p>	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-209-3694</p>
<p>28 National Chocolate Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p>30 Halloween Celebration Dress Up 10:00 Aerobic Exercise Library Staff 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean 10:30 Megan Wall Legal Aid - Should you Put Someone Else's Name on Your Deed?</p>	<p>Hastings Cancer Walk October 12th 8:00 At the W E Harris Center 400 E. Harris Street</p> 	