

Monday	Wednesday	Friday	
		<p>1 College Color Day ~ Please wear your favorite college team colors!</p> <p>10:00 Walking</p> <p>10:30 Art with Janet Gallagher</p>	<p><u>Every Monday</u></p> <p>9:30 Coffee Chat 10:00 Exercise 10:45 Dominoes 11:45 Lunch 12:15 Trivia / Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>4 Center CLOSED</p> 	<p>6 Great Egg Toss Day</p> <p>10:30 SJC Legal Aid: Do you need a Living Will and How to Avoid Guardianship presentation</p> <p>10:00 Hastings Library Exercise</p> <p>12:45 Advisory Committee Meeting</p>	<p>8 Stand Up to Cancer Day</p> <p>10:00 - IFUS Cooking with Wendy Lynch at The Hastings Branch Library</p>	<p><u>Every Wednesday</u></p> <p>9:30 Coffee Chat 10:00 Exercise 10:30 Presentation 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>11 No News is Good News Day</p> <p>9:00 Gardening at the Harris Center</p> <p>10:30 Stretching</p> 	<p>13 National Peanut Day and Spanish Heritage Month</p> <p>10:00 Hastings Library Exercise</p> <p>10:30 Jeopardy Game at the Library</p> <p>10:30 BP Clinic w/Flagler Health + Care Connect</p>	<p>15 Swip Swap Day- Please bring things to trade with others!</p> <p>10:00 Walking</p> <p>10:30 SHINE Program Presentation: Medicare Open Enrollment</p>	<p><u>Every Friday</u></p> <p>9:30 Coffee Chat 10:00 Walking 10:30 Classes 11:45 Lunch 12:15 Memory Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>18 National Eye Health Week</p> <p>9:00 Gardening at the Harris Center</p> <p>10:00 Stretching</p> 	<p>20 National Punch Day</p> <p>10:00 Exercise at the Library</p> <p>10:30 COA's Prescription Assistance Program Presentation</p> <p>12:00 Birthday Celebration Sponsored by Capital City Bank</p>	<p>22 National Fall Prevention Day</p> <p>10:30 Art with Janet Gallagher</p> 	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-729-9161</p>
<p>25 Family Week</p> <p>9:00 Gardening at the Harris Center</p> <p>10:00 Stretching</p>	<p>27</p> <p>10:00 Exercise at the Library</p> <p>10:30 Wildflower Healthcare Blood Pressure Checks & Nurse Chat</p> <p>11:00 Visit w/ SJC Social Services</p>	<p>29 National Coffee Day</p> <p>10:30 Supervisor of Elections, Vicky Oaks Visit & Discussion</p>	<p>September 27th is National Scarf Day! Let's all wear scarves and share with friends!</p> 