







Monday	Wednesday	Friday	
<p>2</p> <p>COA CLOSED</p> 	<p>4 National Spice Blend Day 10:00 Aerobic Exercise-Library Staff</p> <p>10:30 Let's Spice it Up!!</p> <p>12:45 Social and Food Committee Meeting</p>	<p>6 National Food Bank Day</p> <p>10:00 Yoga with Maiga 11:00 Art with Shannon Sponsored by Simply Healthcare</p> 	<p>Every Monday 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>9 National Ants on a Log or Teddy Bear Day 9:00 Gardening at the Harris Center</p>  <p>10:00 Exercise</p> <p>11:00 Florida Public Service Commission</p>	<p>11 Patriots Day 10:00 Aerobic Exercise-Library Staff 10:30 Feeding Northeast Florida Nutrition Program- Bring your appetite!!! 10:30 BP Clinic UF&Flagler Health + Chat with Nurse Alfea 12:45 Advisory Council Meeting</p>	<p>13 National Peanut Day</p> <p>10:00 Exercise</p> <p>11:00 Rick and Holly Woods Bluegrass and 50's Music</p>	<p>Every Wednesday 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>16 National Cinnamon Raisin Bread Day 9:00 Gardening at the Harris Center 10:00 Exercise</p> <p>10:30 USA Health Sciences Students</p>	<p>18 National Cheeseburger Day 10:00 Aerobic Exercise-Library Staff 10:30 Jeopardy with The Hastings Branch Library</p> <p>Birthday Celebration Sponsored by Capital City Bank</p>	<p>20 National Punch Day</p> <p>10:00- Exercise 11:00 Fun and Games</p> 	<p>Every Friday 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>23 National Checkers Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p>25 National Senior Center Month 10:00 Aerobic Exercise- Library Staff 10:30 Senior Center Observance 10:30 Wildflower Healthcare BP Checks & Chat with Nurse Jean</p>	<p>27 National Day of Forgiveness and Scarf Day- Let's wear scarves 10:00 Yoga with Maiga 11:00 Art with Shannon Sponsored by Simply Healthcare</p>	<p>Hastings Program Coordinator: Lorain Vinson lvinson@stjohnscoa.com 904-209-3694</p>
<p>30 Nat'l Hot Mulled Cider Day 9:00 Gardening at the Harris Center 10:00 Exercise 10:30 USA Health Sciences Students</p>	<p>September 8, 2024</p> 	 <p>September</p>	