

MARCH 2023

Hastings Senior Center

6150 S. Main Street, Hastings, FL 32145

Monday	Wednesday	Friday	
<p>Women's History Month National Nutrition Month Hearing Awareness</p> 	<p>1 <i>Dr Seuss's Birthday</i> 10:00 Exercise at Hastings Library</p> <p>10:30 Hastings Library Media Day</p> <p>11:00 Kathy Kniery, Storyteller 12:45 Social & Events Committee Meetings</p>	<p>3 <i>Wear blue and support the mission to end colorectal cancer in our lifetime!</i></p> <p>10:00 Walking</p>	<p><u>Every Monday</u> 10:00 Coffee Chat 10:15 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>6 <i>National Oreo Cookie Day</i> </p> <p>9:00-10:00 Gardening at the Harris Center</p> <p>10:15 Stretching</p>	<p>8 <i>International Woman's Day</i> 10:00 Exercise at Hastings Library</p> <p>10:30 Larry Griggs St Johns County Legal Aid Topic: Exploitation of the Elderly</p> <p>12:45 Advisory Committee Meeting</p>	<p>10 Middle Name Pride Day: Tell your middle name to three people who don't already know it!</p> <p>10:00 Walking 10:30 Art with Janet!!</p>	<p><u>Every Wednesday</u> 10:00 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>13 <i>National Napping Day</i></p> <p>9:00-10:00 Gardening at the Harris Center</p> <p>10:15 Stretching</p>	<p>15 <i>Buzzards Day- It is said that the turkey vulture returns to Hinkley Ohio for the summer on this date.</i></p> <p>10:00 Exercise at Hastings Library 10:30 Mama Marge Comedy Show! 12:15 Birthday Celebration</p>	<p>17 St Patrick's Day Celebration ~ Please dress in GREEN, or get pinched! Come ready to party!!!!</p> <p>10:00 Walking </p>	<p><u>Every Friday</u> 10:00 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>20 Spring Equinox (The Official Beginning of Spring)</p> <p>9:00-10:00 Gardening, Harris Center 10:15 Stretching</p>	<p>22 <i>As Young as You Feel Day</i> 10:00 Exercise at Hastings Library 10:30 Spring Fling with the UF Master Gardeners and a Dedication of our Beautiful Mural!!!!</p>	<p>24 <i>National Chocolate Covered Raisin Day!!! Wear Brown for Raisin's!!</i></p> <p>10:00 Walking 10:30 Art Class with Janet</p>	
<p>27 Quirky Country Music Song Titles Day</p> <p>9:00-10:00 Gardening at the Harris Center</p> <p>10:15 Stretching</p>	<p>29 <i>National Vietnam War Veteran Day</i> 10:00 Exercise at Hastings Library 10:30 Wildflower Healthcare – Blood Pressure Checks & Nurse Chat 10:30 Closed Caption Phones Presentation 11:00 Shanee Visits from SJC 12:45 Meeting w/COA Program Mgr.</p>	<p>31 National Crayon Day, Let's all wear our favorite color!!!</p>  <p>10:00 Walking</p>	<p>Hastings Program Coordinator: Lorain Vinson 904-209-3694 lvinson@stjohnscoa.com</p>