

Monday	Wednesday	Friday	
<p><b>American Diabetes Month</b> <b>Manatee Awareness Month</b> <b>Alzheimer's Disease Month</b> <b>Peanut Butter Lovers Month</b></p> 	<p><b>1 National Fig Week</b>  10:00 Hastings Library Aerobic Exercise <b>10:30 Community Hospice: "Hope for the Holiday"</b></p>	<p><b>3 National Jersey Friday- Let's Wear our Football Jerseys today!!!</b>  <b>10:00 Dance with Tricia!!!</b>  10:30 Art w/Janet Gallagher sponsored by Simply Healthcare Plans, Inc.</p>	<p><b><u>Every Monday</u></b> 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><b>6 Children Book Week &amp; Nat'l Nacho Day! Election Day is Tomorrow!</b>  9:00 Gardening at Harris Center <b>10:00 Physical Therapy Students Fall Prevention Workshop</b></p>	<p><b>8 Abet and Aid Punsters Day</b> <b>COA Care Connection Rep Onsite</b>  <b>10:30 BP Clinic W/Flagler Health+</b> <b>10:00-11:30 Fall Screening USA PT</b> 12:45 Advisory Committee Meeting <b>12:30-2:00 Wellness Wednesday at Library, Lunch &amp; Health Topics</b></p>	<p><b>10 Center CLOSED</b></p> 	<p><b><u>Every Wednesday</u></b> 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><b>13 International Fraud Awareness Week/ World Kindness Day</b> <b>9AM - Field Trip on Red Train Tours to see St Augustine</b>  <b>Center Open &amp; Lunch will be provided for anyone not going on trip</b></p>	<p><b>15 America Recycles Day</b>  10:00 Library Aerobic Exercise 10:30 AHEC Flu and COVID Education and Vaccinations <b>12:00 Birthday Celebration sponsored by Capital City Bank</b></p>	<p><b>17 Homemade Bread Day</b>  <b>10:00 Dance with Tricia!!!</b>  10:30 Art Class w/Janet Gallagher, sponsored by Simply Healthcare Plans, Inc.</p>	<p><b><u>Every Friday</u></b> 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><b>20 National Game and Puzzle Week</b>  9:00 Gardening @ Harris Center <b>10:00 Stretching or Walk</b></p>	<p><b>22 Tie One on Day! Wear an apron in honor of the great apron!!!</b> <b>10:00 Exercise at the Library</b> 10:30 Jeopardy Game at the Hastings Branch Library</p>	<p><b>24 Center CLOSED</b></p> 	
<p><b>27 Better Conversation Week</b>  9:00 Gardening at Harris Center <b>10:00 Stretching or Walk</b></p>	<p>29 <i>Square Dance Day/ Wear those</i> 10:00 Library- Aerobic Exercise <b>10:30 SJC Legal Aid – "Is Probate a Dirty Word? What is it?"</b> 10:30 Wildflower BP Check &amp; Nurse 11:00 SJC Health &amp; Human Services visit with Shanee Andrews</p>	<p><i>Cowboy Outfits!</i>  Chat</p>	<p>Hastings Program Coordinator: Lorain Vinson <a href="mailto:lvinson@stjohnscoa.com">lvinson@stjohnscoa.com</a> 904-729-9161</p>