





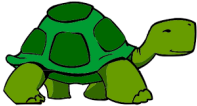


# Hastings Senior Center Calendar

## May 2021

Monday	Wednesday	
<p><b>3rd</b> National Wild Flower Week Begins</p>  <p>Mother's Day craft and exchange with each other. <i>Mother's Day is the 9th of May!</i></p>	<p><b>5th</b> Cinco De Mayo's Celebration</p> 	 <p><i>Celebrate!</i> <b>Better Sleep Month</b> <b>Clean Air Month</b> <b>Correct Posture Month – Stand Tall!</b> <b>Older Americans Month</b></p>
<p><b>10th</b> Clean Your Room Day</p>  <p>Cinco De Mayo Activities</p>	<p><b>12th</b> Eat What You Want Day. <b>Chris Benjamin, from St Johns County Recycling and Solid Waste will speak to us at 10:30</b></p> <p>Social Committee Meets after at 12:15.</p>	<p><b><u>Every Monday at The Lord's Temple:</u></b> Masks and Social Distancing Required! 10:00 Introductions &amp; Sharing of Information 10:15 Exercise 10:45 Trivia or a Game 11:15 An Activity or Craft 11:45 Collect lunches to take home!</p>
<p><b>17th</b> Plant a Vegetable Garden Day</p> 	<p><b>19th</b> Armed Forces Day is the 21<sup>st</sup> Wear <b>red</b>, white &amp; blue</p> <p>Birthday Celebration  Advisory Committee Meets @ 12:15.</p>	<p><b><u>Every Wednesday at The Lord's Temple:</u></b> 10:00 Introductions &amp; Sharing of Information 10:30 Presentations or Exercise 11:00 Bunco 11:30 Memory Enhancement 11:45 Collect lunches to take home!</p>
<p><b>24th</b> World Turtle Day!</p>  <p>Keep America Beautiful starts at home!</p>	<p><b>26th</b> National Senior Health and Fitness Day <i>Please don't forget the importance of staying fit through a program of regular exercise.</i> <b>Marie Rieck, Community Hospice &amp; Palliative Care- Self-Care...Now More Than Ever! At 10:30</b></p>	<p>St. Johns County Council On Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, Elder Source, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.</p>