

JULY NEWSLETTER

of the St. Johns County COA Hastings Senior Center

Garden Club continues

One of the favorite activities of our participants is maintaining our community garden at the Harris Community Center at 400 E. Harris Street. Funded by a grant from the Hastings Rotary Club, we are assisted by master gardener Kathy Ponce.

We meet every Monday morning at 9:00 to work in the garden before heading to the senior center for our daily activities. We'd love for you to join us!

We will be closed
on July 4 in
observance of
Independence
Day.



We have moved!

- The Hastings Senior Center is now located at the Al Wilke Center
- 6150 S. Main Street, Hastings FL 32145

Thank you!

We celebrated our Grand Opening on June 25, and we are so grateful to all our volunteers and supporters in the community. If you haven't seen our new home, please stop in!
Mon, Wed, Fri 10 - 1.






What's up in July?

- nutrition program by Susan Layfield on 7/13
- birthday celebration with cake & ice cream sponsored by Humana on 7/20
- guest speaker Shanee Andrews from SJC Health & Human Services on 7/27
- tech class with Emily Fox on 7/27
- food prep class with Wendy Lynch on 7/29

Hastings Senior Center
6150 S. Main Street
Hastings, FL 32145
904-729-9161
www.coasjc.org



COA Hastings Senior Center July 2022
 6150 W. Main Street, Hastings FL 32145
 (904) 729-9161

| Monday | Wednesday | Friday |
|--|---|---|
| Baked Beans Month National Watermelon Month National Picnic Month National Grill Month |  | 1 International Reggae Day/ Drive Your Corvette to Workday 10:30 Walking |
| 4 COA Closed Happy Independence Day! | 6 International Kissing Day Hershey's Kisses today!! 10:30 Cholesterol and Blood Sugar check by UF Extension, Wendy Lynch 12:00 A special COA cookout By Anthony Coleman 1:00 Social Committee Meeting | 8 National SCUD-Day Savor the Comic, Unplug the Drama 10:30 Walking  |
| 11 International Essential Oil Day 9:00 - 10:00 Gardening at the Harris Center 12:15 Kathy Ponce Nutrition Game UF Extension | 13 National French Fry Day 10:30 Susan Layfield from the University of Florida/IFAS Extension Nutrition Program Food Demonstration 12:45 Advisory Council Meets | 15 National Give Something Away Day/ Please gift something special to a friend and eliminate some clutter. 10:30 Walking |
| 18 Global Hug Your Kids Day 9:00 - 10:00 Gardening at the Harris Center  | 20 National Hot Dog and Lollipop Day 10:30 Blood Pressure, UF Extension, Wendy Lynch 11:00 Presentation by James White from Humana 12:15 Birthday Celebration With Ice Cream and Cake Sponsored by Humana | 22 Hula-Hoop Contest today! 10:30 Walking  |
| 25 Show Your True Colors/ Dress in your Favorite Color 9:00 – 10:00 Gardening at the Harris Center 12 :15 Kathy Ponce Nutrition Game UF Extension | 27 Take Your Pants for a Walk Day Wildflower Healthcare, Maria Thomas RN, A Short Talk at 10:30 BP Checks, at 11:00. 10:45 Shanee Andrews St Johns County Health and Human Services 11:00 Emily Fox Hastings Library Tech Class | 29 Rain Day, where would the Earth be Without Rain 10:00 Food Education/prep participation Class with Wendy Lynch at the Hastings Library 10:30 Walking  |

| Monday | Wednesday | Friday |
|---|------------------------|------------------------|
| 10:00 Coffee, Chat/ sharing of Info..... | | |
| 10:15 Exercise | 10:00 Exercise | 10:15 Walking |
| 10:45 Crafts | 10:30 Presentations | 10:45 Dominoes/Puzzles |
| | 11:15 Bingo | |
| 11:45 Lunch | 11:45 Lunch | 11:45 Lunch |
| 12:15 Trivia/games | 12:15 Wacky Wednesday. | 12:15 Memory Games |
| 12:45 Clean Up and Sanitize Everything, Prep for Next Day | | |
| 1:00 We Will All Go Home for the Day..... | | |



Calling All Seniors!



www.coasjc.org

Menu

Hastings Senior Center ♦ July 2022 ♦ 729-9161

Please call by noon the day before to schedule or cancel a reservation

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| | | 1st Chicken Cordon Blue, Broccoli, Carrots, and Rice |
| 4th COA Closed In Observance of Independence Day! | 6th Fried Chicken, Summer Squash, Corn, and Dinner Roll | 8th Hamburger Steak smothered in Gravy, Roasted Potatoes, Carrot Coins, and Dinner Roll |
| 11th Baked Chicken, Collard Greens, and Macaroni & Cheese | 13th Broccoli Crust-Less Quiche, Seasonal Vegetables, Parsley Potatoes, and Dinner Roll | 15th Beef & Vegetable Stir-Fry, Steamed Rice, and Egg Roll |
| 18th Chef Salad w/ Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, and Captain Wafer Crackers | 20th Italian Sub w/ Lettuce, Tomato, Onion, Pickle, Potato Chips, and Fresh Fruit | 22nd Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll |
| 25th Chili & Cheese Hot Dog, Green Beans, and Tater Tots | 27th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers | 29th BBQ Pork Sandwich, Beans, and Corn |

Located at:

**Al Wilke Community Center,
6150 S. Main Street, Hastings FL 32145**

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, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.

How do I get involved?



The five COA Senior Centers are open to everyone in St. Johns County. Each center is a little bit different and we invite you to visit them all!

The **Coastal** Community Center (St. Augustine), the **Trout Creek** Senior Center (Orangedale), and the **Hastings** Senior Center (Hastings) are government-funded congregate meal sites. They are open to all St. Johns County residents age 60+. Lunch is served every day we are open at no cost to you.

You may come any day we are open. We ask that you please let us know you are coming the week before only so we can be sure to have enough lunches for everyone. You may attend up to 3 times as a guest, and then we will go through some paperwork with you to "get you in the system" so you can continue to receive fresh, nutritious meals, nutrition education, and access to fun & healthy activities for FREE!

THE PLAYERS Community Senior Center in Ponte Vedra Beach is open to all adults in St. Johns County. We offer a blend of instructor-based classes that require a fee (usually \$30/month) plus free programming like games, entertainment, guest presentations, parties & more. We serve lunch and play Bingo on Tuesdays and Thursdays. There is a \$5 charge for lunch and a small fee to play bingo depending on the number of cards you play (there are cash prizes!). You're welcome to stop in any time we're open. Please call to reserve a lunch by the Friday before you want to join us.

River House in St. Augustine is a lifelong learning center open to anyone 18 and up. We offer a wide variety of top-notch, instructor-based courses that require advance registration and a fee, plus lots of groups that meet casually with no fee or advance registration required.

All calendars, menus and more information can be found on our website: www.coasjc.org. Below is a list of all the centers' addresses, hours and phone numbers. Call if you have any questions! We hope to see you soon!!

Coastal Community Senior Center: 180 Marine Street, St. Augustine FL 32084
(904) 209-3636 Open Monday through Friday, 9:00 - 12:00

Hastings Senior Center: 6150 South Main Street, Hastings FL 32145
(904) 729-9161 Open Monday, Wednesday, Friday, 10:00 - 1:00

River House Lifelong Learning Center: 179 Marine Street, St. Augustine FL 32084
(904) 209-3655 Open Tuesday, Wednesday, Thursday 9:00 - 4:00

THE PLAYERS Community Senior Center: 175 Landrum Lane, Ponte Vedra Beach FL 32082
(904) 280-3233 Open Tuesday, Wednesday, Thursday 9:00 - 2:00

Trout Creek Senior Center: 6795 Collier Road, Orangedale FL 32092
(904) 522-1611 Open Monday, Wednesday, Friday 9:00 - 1:00