

AUGUST NEWSLETTER

of the St. Johns County COA Hastings Senior Center

What's Hot in August?

- Community Gardening at the Harris Center every Monday at 9:00
- Nutrition Game with Kathy Ponce from the UF Extension 8/1 and 8/15
- A new fitness workout at the Hastings Library every Wednesday at 10:00
- A Hurricane Preparedness presentation by Kelly Wilson of St. Johns County Emergency Management on Wednesday 8/3
- Guest speaker Wendy Lynch of the UF Extension Office presents a talk entitled "Feed Your Potential" 8/3
- Susan Layfield of UF/IFAS Extension presents a Food Demo on 8/10, and Developing Mindful Eating Habits on 8/17
- Humana sponsors Bingo and a Birthday Celebration on 8/17
- Emily Fox from Hastings Public Library leads a Tech Class on 8/19
- Maria Thomas from Wildflower Healthcare and Shanee Andrews from St. Johns County Health & Human Services join us 8/31 for blood pressure checks and health presentations.

Seniors from Hastings enjoyed the COA Volunteer Appreciation event. Come and see how much fun you can have with this group!



We have moved!

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

August 21 is Senior Citizens Day!

We will celebrate on Monday, August 22 with refreshments. Come check out our new center and join in the fun!

Hastings Senior Center
6150 S. Main Street
Hastings, FL 32145
904-209-3694
www.coasjc.org



Menu

Hastings Senior Center ♦ August 2022 ♦ 209-3694





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

MONDAY	WEDNESDAY	FRIDAY
1st Smoked Sausage w/ Peppers & Onions served on a Bun, Creamy Cole Slaw, and Baked Beans	3rd Grilled Chicken Strips on a Bed of Lettuce, Tomato, Cheese, Fresh Fruit and Captain Wafer Crackers	5th Baked Chicken, Baked Potato, Spinach, and Dinner Roll
8th Rigatoni, Italian Green Beans, Cauliflower, and Garlic Bread	10th BBQ Chicken, Summer Squash, Corn, and Dinner Roll	12th Hamburger Steak Gravy, Roasted Potatoes, Carrots, and Dinner Roll
15th Baked Chicken, Collard Greens, and Macaroni & Cheese	17th Apple Chicken Salad on a Bed of Lettuce, Tomato, and Macaroni Salad	19th Pot Roast, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
22nd Chef Salad w/ Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, and Captain Wafer Crackers	24th Chicken Soft Taco's, Lettuce, Tomatoes, Cheese, Mexican Street Corn Salad, and Fresh Fruit	26th Herb Crusted Pork Loin smothered in Gravy, Wild Rice, and Seasonal Vegetables
29th Country Fried Steak, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll	31st Turkey & Swiss Cheese Sandwich, Lettuce, Sliced Tomatoes, and Potato Salad	

**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.

Hastings Senior Center
6150 S. Main Street, Hastings, FL 32146
August 2022

Monday	Wednesday	Friday
<p>1 National Girlfriends Day 9:00 – 10:00 Gardening at the Harris Center</p> <p>Kathy Ponce Nutrition Game UF Extension</p>	<p>3 National Watermelon Day 10:00 - 10:30 Hastings Branch Library Exercise 10:30 Kelly Wilson of St Johns County Emergency Management Hurricane Preparedness. 11:00 Wendy Lynch UF Extension Office, Topic--Feed Your Potential. 12:45 Social Committee Meets</p>	<p>5 International Beet Day</p> <p>10:15 Walking </p>
<p>8 National Friendship Day Bring a gift and a special message for a dollar to give to a friend. 9:00 – 10:00 Gardening at the Harris Center</p>	<p>10 Peachy Keen Day /Wear the color peach. 10:00 to 10:30 Hastings Branch Library Exercise 10:30 Susan Layfield from the University of Florida/IFAS Extension Nutrition Program Food Demonstration 12:45 Advisory Council Meets</p> <p>17 National Tell a Joke Day</p>	<p>12 World Elephant Day</p> <p>10:15 Walking</p>
<p>15 National Relaxation Day 9:00 – 10:00 Gardening at the Harris Center</p> <p>Kathy Ponce Nutrition Game UF Extension </p>	<p>10:00 to 10:30 Hastings Branch Library Exercise 10:30 Wendy Lynch UF Extension Office Topic- Developing Mindful Eating Habits 11:00 James White our Humana Rep. Bingo 12:15 Birthday Celebration With Ice Cream and Cake Sponsored by Humana</p> <p></p>	<p>19 Thrift Shop Day-wear something from the thrift shop and bring something to exchange!</p> <p>10:15 Walking 11:00 Hastings Public Library Tech Class/Emily Fox</p>
<p>22 Senior Citizen Day Refreshments will be served. 9:00 – 10:00 Gardening at the Harris Center</p>	<p>24 Sunflower Day- We can all wear our sunflowers today. 10:00 - 10:30 Hastings Branch Library Exercise</p> <p></p>	<p>26 National Dog Day Bring pictures of your dog to share. 10: 15 Walking</p>
<p>29 Spidey Day -Who is your favorite superhero 9:00 – 10:00 Gardening at the Harris Center </p>	<p>31 Wear White Wednesday/ Dress in white from head to toe!!! 10:00 to 10:30 Hastings Branch Library Exercise 10:30 Wildflower Healthcare, Maria Thomas RN, A Short Talk at 10:30 BP Checks, 11:00 Shanee Andrews St Johns County Health and Human Services Class size limited to 10 participants.</p>	<p>Foot Health Month</p> <p>Cataract Awareness Month</p> <p>BFF/ Best Friends Forever Month</p>

Monday	Wednesday	Friday
10:00 Coffee, Chat/ sharing of Info.....		
10:15 Exercise	10:00 Exercise	10:15 Walking
10:45 Crafts10:30 Presentations		10:45 Dominoes/Puzzles
11:00	11:15 Bunco	
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.....		

Program Coordinator: Lorain Vinson (904) 209-3694



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) 209-3694 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) 209-3659 Open Tues & Thurs 9:00 - 2:00, Wed 9:00 - 5:00, Fri 9:30 - 3:00

Trout Creek Senior Center: 6795 Collier Road, Orangedale FL 32092
(904) 209-3658 Open Monday, Wednesday, Friday 9:00 - 1:00