


Hastings Senior Center
September 2022 Calendar

Monday	Wednesday	Friday
 HAPPY LABOR DAY		2 College Colors Day 10:15 Walking 
5 COA is closed. Happy Labor Day!	7 Lovers Day 10:30 Megan Wall St Johns County Legal Aid, Spouse In the Nursing Home-Do I Have to go Broke? 12:45 Social Committee Meets	9 Star Wars Day 10:00 Walking 10:30 Susan Layfield from the University of Florida/IFAS Extension Nutrition Program Food Demonstration
12 Emmy Awards- What's Your favorite TV Show? 9:00 - 10:00 Gardening at the Harris Center Kathy Ponce Nutrition Game UF Extension	14 10:00 - 10:30 Hastings Branch Library Exercise 12:45 Advisory Council Meets	16 National Hispanic Heritage Month Begins 10:15 Walking 11:00 Hastings Public Library Tech Class/with Emily Fox
19 Talk Like a Pirate Day 9:00 – 10:00 Gardening at the Harris Center	21 National Day of Peace 10:00 - 10:30 Hastings Branch Library Exercise 11:00 James White our Humana Rep. Bingo 12:15 Birthday Celebration With Ice Cream and Cake Sponsored by Humana	23 Do You Yoga Day 10:15 Walking 11:00 Ed Gomez will teach a dance class!!! 
26 9:00 – 10:00 Gardening at the Harris Center Kathy Ponce Nutrition Game UF Extension 	28 Chocolate Milk Day 10:00 -10:30 Hastings Branch Library Exercise 10:30 Wildflower Healthcare, Maria Thomas RN, A Short Talk and BP Checks, 11:00 Shanee Andrews St Johns County Health and Human Services	30 10:00 - 12:00 AHEC/ Fall Prevention Program 

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 Bunco	
11:45 Lunch	11:45 Lunch	11:45 Lunch
12:15 Trivia/games	12:15 Wacky Weds	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.....		

Lorain Vinson, Program Coordinator
904-209-3694

COA Hastings Senior Center
Grand Opening—Join Us!!
September 24th, 10:00 -1:00
6150 S. Main Street, Hastings FL

