

**July 2024**

**Coastal Community Senior Center**

**180 Marine Street St. Augustine, FL 32084**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Wear a patriotic tee shirt 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 Cassidy w/Feeding Northeast Florida</b> 11:30 Lunch	<b>2</b> Wear a patriotic hat 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>3</b> Wear red white and blue 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 OT Student Led Activities</b> 11:30 Lunch	<b>4</b> <b>THE COUNCIL ON AGING WILL BE CLOSED FOR THE 4TH</b> 	<b>5</b> <b>COA CLOSED FOR HOLIDAY</b>  <i>Happy 4th of July</i>
<b>8</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 Wildflower-Quality of Life w/Cammie</b> 11:30 Lunch	<b>9</b> No Haircuts Today 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>10</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Strength/Balance</b> <b>10:00 Susan w/Library Assistance w/electronics</b> 11:30 Lunch	<b>11</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>12</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Wii Bowling</b> <b>10:00 Randi w/Home in Mind How to fall and get up</b> 11:30 Lunch
<b>15</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:00 PT Student Evaluation</b> <b>9:30 Nutritional Education</b> 11:30 Lunch	<b>16</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>17</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 Petrona discusses Life Insurance</b> 11:30 Lunch	<b>18</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>19</b> Christmas in July Raffle  8:30 Coffee Chat 9:00 Cards & Games <b>9:00 PT Student Evaluation</b> 11:30 Lunch
<b>22</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:00 PT Student Evaluation</b> <b>9:30 Nutritional Education</b> 11:30 Lunch	<b>23</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>24</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Strength/Balance</b> <b>10:00 Mindy &amp; Bruce discuss Nutrition</b> 11:30 Lunch	<b>25</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>26</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Wii Bowling</b> <b>10:00 CCC Beach Party! and Kona Ice</b> 11:30 Lunch
<b>29</b> 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Chair Yoga w/Maiga</b> <b>10:00 PT Student Special Topics</b> 11:30 Lunch	<b>30</b> 8:30 Coffee Chat 9:00 Cards/Games <b>9:30 Chair Exercise w/Bob</b> <b>10:00 Bingo</b> 11:30 Lunch	<b>31</b> Birthday Bash!!!! 8:30 Coffee Chat 9:00 Cards & Games <b>9:30 Strength/Balance</b> <b>10:00 Elvis is in the House</b> 11:30 Lunch		Coastal Community Center Program Coordinators Myra Fisher Suzanna Reed <a href="mailto:mfisher@stjohnscoa.com">mfisher@stjohnscoa.com</a> <a href="mailto:sreed@stjohnscoa.com">sreed@stjohnscoa.com</a> 904-209-3636