

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:30 Coffee Chat 9:00 Cards & Games 9:30 Yoga w/Maiga 10:00 PT Students Special Topics 11:30 Lunch</p>	 <p>3 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>4 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Frank 10:00 Traveling Light w/Shelly & friend 10:00 Library Tech Help 11:30 Lunch</p>	<p>5 8:30 Coffee Chat 9:00 Cards & Games 9:00 BP Check w/Grace 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>6 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Dee Dee Presentation 10:30 Market Day 11:30 Lunch</p>
<p>9 8:30 Coffee Chat 9:00 Cards & Games 9:30 Yoga w/Maiga 10:00 Patsy Cline 11:30 Lunch</p>	<p>10 Haircuts with Keith 8:30 Coffee Chat 9:00 Cards/Games 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>11 Jewelry Sale!!!! 8:30 Coffee Chat 9:00 Cards & Games 9:30 Balance w/Frank 10:00 OT Students 11:30 Lunch</p>	<p>12 Jewelry Sale!!!! 8:30 Coffee Chat 9:00 Cards & Games BP Check w/Cammie 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>13 Christmas Raffle!!!! 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Kall for Kare 11:30 Lunch</p>
 <p>16 Special Day at the River House with a Special Holiday Luncheon</p>	<p>17 8:30 Coffee Chat 9:00 Cards/Games 9:00 Nutritional Education 9:30 Chair Exercise w/Bob 10:00 FREE Bingo Merry Christmas!!!! 11:30 Lunch</p>	<p>18 8:30 Coffee Chat 9:00 Cards & Games 9:30 Let's hop the Trolley and explore the City of Lights 11:30 Lunch</p>	<p>19 8:30 Coffee Chat 9:00 Cards & Games 9:00 BP Check w/Grace 9:30 Verittas Students 10:00 FREE Bingo Double Merry Christmas !!!! 11:30 Lunch</p>	<p>20 Wear your favorite Christmas Sweater or Tee Shirt 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Music with Rod 11:30 Lunch</p>
<p>23 8:30 Coffee Chat 9:00 Cards & Games 9:30 Yoga w/Maiga 10:30 Christmas Carol Sing Along w/Mary 11:30 Lunch</p>	<p>24 The COA is closed for</p> 	<p>25 The COA is closed for</p> 	<p>26 8:30 Coffee Chat 9:00 Cards & Games 9:00 BP Check w/Grace 9:30 Chair Exercise w/Bob 10:00 Bingo 11:30 Lunch</p>	<p>27 8:30 Coffee Chat 9:00 Cards & Games 9:30 Wii Bowling 10:00 Nutritional Education 11:30 Lunch</p> 
<p>30 8:30 Coffee Chat 9:00 Cards & Games 9:30 Yoga w/Maiga 10:00 Nelson w/Care Plus Food Pantry!!! 11:30 Lunch</p>	<p>31 Birthday Bash & Dress Up New Year's Eve Party 8:30 Coffee Chat 9:00 Cards/Games 10:00 Party w/Elvis 9:30 Chair Exercise w/Bob 11:30 Lunch</p>	<p>Coastal Community Center Program Coordinators Myra Fisher Suzanna Reed mfisher@stjohnscoa.com sreed@stjohnscoa.com 904-209-3636</p>		