

Tuesday	Wednesday	Thursday	Friday
1st 9:30 Chair Exercise 10:00 Canasta 10:00 Mexican Train Dominoes 10:00 Ask the Nurse 11:00 SJC LIBRARY 12:00 Lunch* 1:00 BINGO*	2nd 9:00 – 12:00 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 11:30 Alzheimer's Support Group 4:00-5:30PM Line Dancing Class*	3rd 9:15 Walking w/NextDay Access 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Tai Chi w/Dennis 10:00 Canasta 11:00: UNF PT SCREENING 12:00 Lunch* 1:00-2:00 BINGO*	4th 10:00 Mah Jongg 10:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge*
8th 9:30 Chair Exercise 10:00 Canasta 10:00 Mexican Train Dominoes 10:00 Ask the Nurse 11:00: ST JOHNS COUNTY CLERK 12:00 Lunch* 1:00 BINGO*	9th 9:00-12:00 Acrylic Painting with Instructor, Sarah Good 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 1:00 – 4:00 Coastal Friends SAMBA 4:00-5:30PM Line Dancing Class*	10th 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Tai Chi w/Dennis 10:00 Canasta 11:00: CHRIS HOFF MEDICARE 11:30 Hisshin Sumi-e Society 12:00 Lunch* 1:00-2:00 BINGO*	11th 10:00 Mah Jongg 10:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge*
15th 9:30 Chair Exercise 10:00 Canasta 10:00 Mexican Train Dominoes 10:00 Ask the Nurse 11:00: COOKING DEMO 12:00 Lunch* 1:00 BINGO*	16th 9:00 – 12:00 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 4:00-5:30PM Line Dancing Class*	17th 9:15 Walking w/NextDay Access 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Tai Chi w/Dennis 10:00 Canasta 11:00: OKTOBERFEST BDAY PARTY! 12:00 Lunch* 1:00-2:00 BINGO*	18th 10:00 Mah Jongg 10:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge*
22nd 9:30 Chair Exercise 10:00 Canasta 10:00 Mexican Train Dominoes 10:00 Ask the Nurse 11:00: FLU & COVID SHOTS 12:00 Lunch* 1:00 BINGO*	23rd 9:00 – 12:00 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 1:00 – 4:00 Coastal Friends SAMBA 4:00-5:30PM Line Dancing Class*	24th 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Tai Chi w/Dennis 10:00 FREE Blood Pressure Check 10:00 Canasta 11:00 SJC LEGAL AID – MEGAN WALL 12:00 Lunch* 1:00-2:00 BINGO*	25th 10:00 Mah Jongg 10:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge*
29th 9:30 Chair Exercise 10:00 Canasta 10:00 Mexican Train Dominoes 10:00 Ask the Nurse 11:00: MORGAN STANLEY 12:00 Lunch*	30th 9:00 – 12:00 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 4:00-5:30PM Line Dancing Class*	31st 9:15 Walking w/NextDay Access 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Tai Chi w/Dennis 10:00 Canasta 11:00: HALLOWEEN PARTY! 12:00 Lunch* 1:00-2:00 BINGO*	***Please don't forget to make your lunch reservations, or call to cancel the day before if you're not coming in! 