

August 2022

THE PLAYERS COMMUNITY SENIOR CENTER  
NEWSLETTER

175 Landrum Lane, Ponte Vedra Beach

904.209.3659



Join in the fun! THE PLAYERS Community Senior Center is open to all adults in the area - stop by or contact us today to learn more!

**As of 08/01 we will have a new phone number:  
904-209-3659**



Current Hours:

Tuesday 9:00AM - 2:00PM  
Wednesday 9:00AM - 5:00PM  
Thursday 9:00AM - 2:00PM  
Friday 9:30AM-3:00PM



Lunch is served on Tuesday & Thursday at 12:00PM  
Reservations are required by the close of business on the Thursday prior to the next week  
\$5.00 per lunch

## WHAT'S



- Line Dancing Class started July 13th and everyone is having a blast! It's not too late to join in the fun, reserve your spot today! Class meets every Wednesday afternoon, 4:00-5:30PM.
- Do you play Euchre or do you want to learn how to play?  
Euchre Club - every Friday 10:00AM-12:00PM
- Tap Dancing Class starts Friday, August 5th, 10:30-11:30AM. This class is starting to get full, so please make sure to reserve your spot today! They will meet every Friday morning.



- Duplicate Bridge meets every Friday, 12:00-3:00PM  
(\$2.00 per person, per day played)



- Tai Chi class will **NOT** meet during the month of August, but will resume in September
- Acrylic Painting Class with Sarah will resume in September
- Hisshin Sumi-E Painting Class will resume in September
- 1st Wednesday of each month we hold a Caregiver Support Group @ 11:30AM-12:30PM sponsored by the Alzheimer's Association



St. Johns County

**Council On Aging**

[www.coasjc.org](http://www.coasjc.org)

THE PLAYERS Community Senior Center

Amanda Jones, Program Coordinator

[ajones@stjohnscoa.com](mailto:ajones@stjohnscoa.com)



**The Players Community Senior Center**  
*August 2022*  
**280-3233**





<i>TUESDAY</i>	<i>THURSDAY</i>
2nd Ham & Cheese Sandwich, Lettuce, Tomato, Pickle, and Pea Salad	4th Spaghetti smothered in Italian Meat Sauce, Caesar Salad, and Garlic Bread
9th Philly Steak & Cheese Sub, French Fries, and Fresh Fruit	11th Shrimp Salad on a bed of Baby Spinach, Tomato, Carrot, Pea Salad, and Mini Croissant
16th Meatball Sub with Marinara Sauce & Provolone Cheese, and Garden Salad	18th Broccoli Crust-Less Quiche, Carrot Salad with a Lemon Dijon Vinaigrette, Parsley Potatoes, and Dinner Roll
23rd Italian Sub w/ Lettuce, Tomato, Onion, Pickle, Potato Chips, and Fresh Fruit	25th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
30th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers	

*St. Johns County Council on Aging is 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.*

THE PLAYERS Community Senior Center  
175 Landrum Lane, Ponte Vedra Beach, FL

904-209-3659

AUGUST 2022

Tuesday	Wednesday	Thursday	Friday
<p><b>2<sup>nd</sup></b></p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta 10:00- 11:30 Mexican Train Dominoes 10:30 – 11:00 Ask the Nurse <b>11:00 “Cooking for 1 or 2” presentation by Dietitian, Carla Defuria</b> 12:00- 1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>3<sup>rd</sup></b></p> <p>9:00-12:00 Acrylic Painting 9:30-12:00 Social Bridge <b>10:30 Let’s Play Games – Scrabble, Rummikub, Yahtzee, Dominoes, etc...</b> <b>11:30-12:30 Caregiver Support Group (1<sup>st</sup> Wed. of each month)</b> 4:00-5:30PM Line Dancing Class*</p>	<p><b>4<sup>th</sup></b></p> <p><b>9:30-10:00 Chair Exercise</b> 10:00-11:00 Wii Bowling 10:00-12:00 Canasta <b>11:00 “Let’s Talk about RX” presentation by Home Instead</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>5<sup>th</sup></b></p> <p>10:00-12:00 Euchre Club <b>10:30-11:30 NEW CLASS! – Tap Dancing*</b>   10:30- 12:00 Trivial Pursuit 12:00-3:00 Duplicate Bridge*</p>
<p><b>9<sup>th</sup></b></p> <p><b>9:30-10:00 Chair Exercise</b> 10:00-12:00 Canasta 10:00- 11:30 Mexican Train Dominoes 10:30 – 11:00 Ask the Nurse <b>11:00 NAVF presentation on VA benefits</b> 12:00- 1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>10<sup>th</sup></b></p> <p>9:00-12:00 Acrylic Painting <b>9:30-12:00 Social Bridge</b> 10:30 Let’s Play Games – Scrabble, Rummikub, Yahtzee, Dominoes, etc... 4:00-5:30PM Line Dancing Class*</p>	<p><b>11<sup>th</sup></b></p> <p>9:30-10:00 Chair Exercise <b>10:00-11:00 Wii Bowling</b> 10:00-12:00 Canasta <b>11:00 Live Music by Dan Balsamo!</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>12<sup>th</sup></b></p> <p><b>10:00-12:00 Euchre Club</b> <b>10:30-11:30 Tap Dance Class*</b> 10:30- 12:00 Trivial Pursuit 12:00-3:00 Duplicate Bridge*</p>
<p><b>16<sup>th</sup></b></p> <p>9:30-10:00 Chair Exercise <b>10:00-12:00 Canasta</b> 10:00- 11:30 Mexican Train Dominoes 10:30 – 11:00 Ask the Nurse <b>11:00 Ice Cream Social and discussion on dental &amp; vision benefits by Humana</b> 12:00- 1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>17<sup>th</sup></b></p> <p><b>9:00-12:00 Acrylic Painting</b> 9:30-12:00 Social Bridge  10:30 Let’s Play Games – Scrabble, Rummikub, Yahtzee, Dominoes, etc... 4:00-5:30PM Line Dancing Class*</p>	<p><b>18<sup>th</sup></b></p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling <b>10:00-12:00 Canasta</b> <b>11:00 – “Is Probate a Dirty Word? What is it?” – presented by Legal Aid</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>19<sup>th</sup></b></p> <p>10:00-12:00 Euchre Club <b>10:30-11:30 Tap Dance Class*</b> <b>10:30- 12:00 Trivial Pursuit</b> 12:00-3:00 Duplicate Bridge*</p> <p></p>
<p><b>23<sup>rd</sup></b></p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta <b>10:00- 11:30 Mexican Train Dominoes</b> 10:30 – 11:00 Ask the Nurse <b>11:00 August Birthday Bash!!!</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>24<sup>th</sup></b></p> <p>9:00-12:00 Acrylic Painting 9:30-12:00 Social Bridge 10:30 Let’s Play Games – Scrabble, Rummikub, Yahtzee, Dominoes, etc... <b>4:00-5:30PM Line Dancing Class*</b></p> <p></p>	<p><b>25<sup>th</sup></b></p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling 10:00-12:00 Canasta <b>11:00 Root Beer Floats &amp; The Bag Game to honor Nat’l Senior Citizen Day</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>26<sup>th</sup></b></p> <p>10:00-12:00 Euchre Club <b>10:30-11:30 Tap Dance Class*</b> 10:30- 12:00 Trivial Pursuit 12:00-3:00 Duplicate Bridge*</p>
<p><b>30<sup>th</sup></b></p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta 10:00- 11:30 Mexican Train Dominoes 10:30 – 11:00 Ask the Nurse <b>11:00 “Steps to Improve Balance &amp; Equilibrium” by Concierge Care</b> 12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p><b>31<sup>st</sup></b></p> <p>9:00-12:00 Acrylic Painting 9:30-12:00 Social Bridge 10:30 Let’s Play Games – Scrabble, Rummikub, Yahtzee, Dominoes, etc... 4:00-5:30PM Line Dancing Class*</p>	<p>*Fee required for program/activity</p> <p>Please note: Tai Chi is canceled for the month of August; Instructor Dennis plans to resume in September</p>	<p>Programs at THE PLAYERS are sponsored by:</p> <p></p>

# 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](http://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

## MEALS ON WHEELS

Nutritious meals delivered to your door: subsidized and private pay options, short and long-term delivery choices

## INDEPENDENT LIVING SERVICES

Information & referral services. Call to be assessed for subsidized services

## PRESCRIPTION ASSISTANCE

Help obtaining low-cost or no-cost medications

## COMMUNITY CAREGIVING

Information & resources for caregivers--free 1:1 needs assessment, educational programs, support groups

## VOLUNTEER

## OPPORTUNITIES

You can make a difference!

## PARATRANSIT

## TRANSPORTATION

Mobility for those requiring assistance  
(904) 209-3710

## SUNSHINE BUS CO.

St. Johns County's Public  
Transportation System  
(904) 209-3716

## COASTAL TRANSPORTATION

Private charter bus & shuttle services  
(904)209-3638

# COA IS HERE FOR YOU!

## CARE CONNECTION

Friendly volunteer help: minor home repairs, basic yard work, installation of home safety devices, financial budgeting assistance, help applying for SNAP & Medicaid and more

## IMEP

Structured, research-based memory program: Integrates mind, body & brain connections to minimize progression of memory loss through mental agility exercises, memory boosting techniques and guided relaxation

## THE SUNSHINE CENTER

Therapeutic Adult Day Care (Licensed by AHCA #9081): Person-centered care and activities for individuals dealing with Alzheimer's Disease, dementia or brain disorders. Cognitive & sensory stimulation; socialization & activities; lunch served daily; music, art & pet therapy; caregiver respite; licensed nurse & trained staff



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For a complete list of services visit  
[www.coasjc.org](http://www.coasjc.org)