

Newsletter



6795 Collier Rd., Orangedale, FL 32092
 Mon, Wed, Fri 9 - 1 904-522-1611



Closed for
the 4th

The COA Senior Centers will be closed in observance of Independence Day on Monday, July 4.

Please join us the other days for games and cards, Wii Bowling, chair volleyball, Bingo, guest presentations, live music, health events, crafts, lunch and more!

A New Game to Try!

You Be the Judge uses real court cases



In July, we'll be debuting a new group activity--a game called You Be the Judge.

This game presents real (non-violent) court cases as they actually happened. After you hear the evidence that was presented along with the defense, you will get to serve as the jury. What will your verdict be?

We'll reveal what the outcome was after you've decided. If you love court dramas, this game is for you!

Fun In July

We're having a blast--won't you join us?

Here are some of the great activities we have planned for July. Available every day: cards, puzzles and games; Wii Bowling, shuffleboard, chair volleyball and more!



7/1: **Spirit Day**--wear red, white and blue!

7/1, 8, 15, 22, 29: **Bingo every Friday!**

7/6: Watermelon day, yum!

7/6 and 7/20: Nutrition Education

7/6: Trivia

7/11 You Be the Judge game

7/13: **Birthday Party with music by Don Miniard!!**







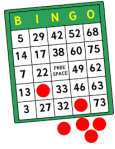

7/15 and 7/29 **blood pressure checks sponsored by the YMCA**

7/15: **guest presentation by Humana--diabetes prevention**

7/18: Chair Volleyball

7/20: **Book Club**

7/25: Make a craft--beaded bracelet or decorated picture frame

July 2022		
Monday	Wednesday	Friday
<p>Available every day:</p> <p>Wii Bowling</p> <p>Shuffleboard</p> <p>Chair Volleyball</p> <p>And more!</p> 		<p>1st</p> <p>Spirit Day--Wear your red, white and blue!</p> <p>9:00-10:30 Cards, Puzzles, Games</p> <p>10:30-11:30 Bingo</p> <p>11:45 Lunch</p>
<p>4th</p> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<p>6th</p> <p>9:00-10:00 Cards, Puzzles, Games</p> <p>A treat for Nat'l Watermelon Month!</p> <p>10:30 Nutrition Education</p> <p>11:00-11:30 Trivia</p> <p>11:45 Lunch</p>	<p>8th</p> <p>9:00-10:30 Cards, Puzzles, Games</p> <p>10:30-11:30 Bingo</p> <p>11:45 Lunch</p> 
<p>11th</p> <p>9:00-10:30 Cards, Games</p> <p>10:30-11:30 You Be the Judge game</p> <p>11:45 Lunch</p>	<p>13th</p> <p>9:00-10:30 Cards, Puzzles, Games</p> <p>10:30 – 11:30 Celebrate July birthdays with music by Don Miniard!</p>  <p>11:45 Lunch</p>	<p>15th</p> <p>9:00-10:00 Cards, Puzzles, Games</p> <p>9:00-12:00 Blood Pressure Checks, sponsored by the YMCA</p> <p>9:30 – 10:30 guest presentation on Diabetes prevention by Humana</p> <p>10:30 – 11:30 Bingo</p> <p>11:45 Lunch</p>
<p>18th</p> <p>9:00-10:30 Cards, Games</p> <p>10:30-11:30 Chair Volleyball</p> <p>11:45 Lunch</p> 	<p>20th</p> <p>9:00-10:00 Cards, Games</p> <p>10:00 Nutrition Education</p> <p>10:15-11:15 Book Club</p> <p>10:30 – 11:30 Wii Bowling</p> <p>11:45 Lunch</p>	<p>22nd</p> <p>9:00-10:30 Cards, Puzzles, Games</p> <p>10:30 – 11:30 Bingo</p> <p>11:45 Lunch</p> 
<p>25th</p> <p>9:00-10:30 Cards, Games</p> <p>10:30 – 11:30 Craft—make a bracelet or decorate a frame</p> <p>11:45 Lunch</p>	<p>27th</p> <p>9:00-10:30 Cards, Puzzles, Games</p> <p>10:30 – 11:30 You Be the Judge, Trivia, or Chair Volleyball—help us choose!</p>  <p>11:45 Lunch</p>	<p>29th</p> <p>9:00-10:30 Cards, Puzzles Games</p> <p>9:00-12:00 Blood Pressure Checks, sponsored by the YMCA</p> <p>10:30 – 11:30 Bingo</p> <p>11:45 Lunch</p>

Menu

Trout Creek Pavilion

◆ *July 2022* ◆

522-1611

MONDAY	WEDNESDAY	FRIDAY
		1st Chicken Cordon Blue, Broccoli, Carrots, and Rice
4th COA Closed In Observance of Independence Day!	6th Fried Chicken, Tomato & Cucumber Salad, Corn, and Dinner Roll	8th Cheese Burger w/ Lettuce, Tomato, Pickle Chips, and Oven Roasted Potato Wedges
11th Baked Chicken, Collard Greens, and Macaroni & Cheese	13th Broccoli Crust-Less Quiche, Carrot Salad with a Lemon Dijon Vinaigrette, Parsley Potatoes, and Dinner Roll	15th Beef & Vegetable Stir-Fry, Steamed Rice, and Egg Roll
18th Chef Salad w/ Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, and Captain Wafer Crackers	20th Italian Sub w/ Lettuce, Tomato, Onion, Pickle, Potato Chips, and Fresh Fruit	22nd Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
25th Chili & Cheese Hot Dog, Green Beans, and Tater Tots	27th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers	29th BBQ Pork Sandwich, French Fries, and Cole Slaw

Note: Every meal served with Fruit & Low Fat Milk

**Located at:
6795 Collier Road
Orangedale, FL. 32092**

St. Johns County Council On Aging, 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.



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. 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) 729-9161 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) 280-3233 Open Tuesday, Wednesday, Thursday 9:00 - 2:00

Trout Creek Senior Center: 6795 Collier Road, Orangedale FL 32092
(904) 522-1611 Open Monday, Wednesday, Friday 9:00 - 1:00