

SEPTEMBER 2023		
Monday	Wednesday	Friday
Trout Creek Program Margaret Powell Coordinator 904-209-3658 mpowell@stjohnscoa.com	<p style="color: red;">Please reserve or cancel your future lunch reservation by</p>  <p style="color: red;">Noon! You must reserve a meal in advance!</p>	9/1/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Chair or Standing Exercise with Barbara V. 10:30a – BINGO 11:30a Pledge, Prayer & Lunch
9/4/23 CENTER CLOSED 	9/6/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:00 – Wacky Waffle Day w/ Jim 9:30 – Let's Play BUNCO! 10:00 – Nutritional Education 10:30 – Community Hospice: Myths & Facts w/Charlene 11:30a Pledge, Prayer & Lunch	9/8/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Sudoku Lessons w/ Jack 10:30a – BINGO 11:30a Pledge, Prayer & Lunch
9/11/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Shuffle Board w/ Glo 9:30a BP Checks Flagler Health+ Care Connect 10:30a – SJC Fire Rescue: Fire Safety w/ Jenn 11:30a Pledge, Prayer & Lunch	9/13/23 8:30a – Coffee Chat; 9:00a – Cards, Puzzles, Games 9:30a – Bean Bag Toss w/ Glo 10:30a – Encompass Health: Rehab Options w/ Bridget 11:30 Pledge, Prayer & Lunch	9/15/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Sudoku Lessons w/ Jack 10:30a – BINGO 11:30a Pledge. Prayer & Lunch
9/18/23 <i>Wear Your Tie-Dye Shirt!</i> BEACH PARTY WEEK! 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Chair/Standing Exercise 10:30a – American Red Cross: Hands only CPR w/ Jackie 11:30a Pledge, Prayer & Lunch	9/20/23 <i>Wear a Tropical T-Shirt!</i> 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Nutritional Education 10:00a – Sudoku Lessons w/ Jack 10:30a – Book Club w/ Janet 11:30a Pledge, Prayer & Lunch	9/22/23 <i>Wear a Beach Hat!</i> 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – Bean Bag Toss w/ Glo 10:30a – BINGO 11:30a Pledge, Prayer & Lunch
9/25/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a– 11:30a Balance Class Starts 11:30a Pledge, Prayer & Lunch	9/27/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games 9:30a – 11:30a Balance Class 11:30a Pledge, Prayer & Lunch	9/29/23 8:30a – Coffee Chat 9:00a – Cards, Puzzles, Games plus 9:30a Sudoku Lessons w/ Jack 10:30a – BINGO 11:30a Pledge, Prayer & Lunch