
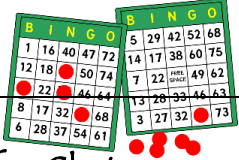



October 2023

Monday	Wednesday	Friday
10/02 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a – 11:30a Balance Class 11:30 Pledge, Prayer & Lunch	10/04 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games <i>Wacky Waffle Day</i> 9:30a – 11:30a Balance Class 11:30 Pledge, Prayer & Lunch	10/06 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30 – Laughter Yoga 10:30 – BINGO 11:30 Pledge, Prayer & Lunch
10/09 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a BP Checks Flagler Health+ Care Connect 9:30a – 11:30a Balance Class 11:30 Pledge, Prayer & Lunch	10/11 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:15a Nutrition Education 9:30a – 11:30a Balance Class 11:30 Pledge, Prayer & Lunch	10/13 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 10:30 – BINGO 11:30 Pledge, Prayer & Lunch
10/16 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a – 11:30a Balance Class 11:30 Pledge, Prayer & Lunch	10/18 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a – 11:30a Balance Class 10:30a Book Club 11:30 Pledge, Prayer & Lunch	10/20 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 10:30 – BINGO 11:30 Pledge, Prayer & Lunch
10/23  8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30 – COA Prescription Assistance Program 10:30a Ivan Upbeat 60-70's 11:30 Pledge, Prayer & Lunch	10/25 COA Care Connection Rep Onsite 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a – Nutrition Education 10:30a Community Hospice ~ Hope for the Holidays 11:30 Pledge, Prayer & Lunch	10/27  8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 10:30 – BINGO 11:30 Pledge, Prayer & Lunch
10/30 8:30 – Coffee Chat 9:00 – Cards, Puzzles, Games 9:30a – Shuffle Board w/ Glo 10:30a Tex Barbie & Friends <i>Halloween Party</i> 11:30 Pledge, Prayer & Lunch		Trout Creek Senior Center Program Coordinator: Gail Godzich 904-209-3658 ggodzich@stjohnscoa.com

Welcome