

April 2023

	April 2023	
Monday	Wednesday	Friday
<p>3rd</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:00 – Exercise With Glo</p> <p><b>10:00 - Nutritional Education</b></p> <p>11:30 Pledge, Prayer &amp; Lunch</p>	<p>5th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:00 – WACKY WAFFLE DAY</p> <p><b>10:30 – Back by Popular Demand, Live Music w/Lou Parisi</b></p> <p><i>Easter Basket Raffle</i></p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>	<p>7th</p> <p>Council on Aging is <b>CLOSED</b> in observation of Good Friday...</p> 
<p>10th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:00 Walking With Glo</p> <p><b>9:30 BP Clinic with Flagler Health+ Care Connect</b></p> <p><b>10:30 – Bunco</b></p> <p>11:30 Pledge, Prayer &amp; Lunch</p>	<p>12th</p> <p>8:30 – Cards, Puzzles, Games</p> <p><b>9:00 Activity with Keiser University Students</b></p> <p><b>10:30 – Hospice Speaker, Doug Schilling</b></p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>	<p>14th</p> <p>8:30 – Cards, Puzzles, Games</p> <p><b>9:00 Outside Fun &amp; Picnic (weather permitting) at Alpine Grove Park</b></p> <p>10:00 – Activity with Keiser University Students</p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>
<p>17th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:00 – Exercise With Glo</p> <p><b>10:30 – Preparing the Herb Garden</b></p> <p>10:00 Activity with Keiser University Students</p> <p>11:30 Pledge, Prayer &amp; Lunch</p>	<p>19th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>10:00 Activity with Keiser University Students</p> <p><b>10:30 – 11:30 Book Club</b></p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>	<p>21st</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:30 – 10:30 – Line Dancing</p> <p><b>10:00 – Activity with Keiser University Students</b></p> <p>10:30 – Bingo</p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>
<p>24th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>9:00 – Walking With Glo</p> <p><b>10:30 – Planting the Herb Garden</b></p> <p>11:30 Pledge, Prayer &amp; Lunch</p>	<p>26th</p> <p>8:30 – Cards, Puzzles, Games</p> <p>10:00 Nutritional Education</p> <p><b>9:00 – 11:30 – Alzheimer's Association Brain Bus</b></p> <p>11:30 Pledge, Prayer &amp; Lunch</p>	<p>28th</p> <p>8:30 – Cards, Puzzles, Games</p> <p><b>9:30 – 10:30 – Line Dancing</b></p> <p><b>10:30 – Bingo</b></p> <p>11:30 – Pledge, Prayer &amp; Lunch</p>
<p>Trout Creek Program Coordinator: Myra Fisher 904-209-3658 <a href="mailto:mfisher@stjohnscoa.com">mfisher@stjohnscoa.com</a></p>		