



**East Nassau Senior Activities & Meal Site
December 2011**



Monday	Tuesday	Wednesday	Thursday	Friday
MONDAY THROUGH FRIDAY - 9:00 AM TO NOON Coffee Time, Chair Exercises, Sing-a-longs, Health Presentations, Memory Games, BINGO, Blood Pressure Reading LUNCH SERVED AT 11:40 AM - COST: \$3.00				
NASSAU COUNTY COUNCIL ON AGING 1367 S.18th St. Fernandina Beach, FL phone: 261- 0701 Contact: Frances Bartelt ext 102 web site: www.coanassau.com		CLOSED Monday January 2nd Happy New Year!	1 9:30 Art Project 10:45 BINGO	2 8:00-10:00 FREE TIME 10:00 <i>Joey & Jean</i> 10:45 BINGO
5 9:00 Chair Exercises 9:30 Memory Games 10:00 M & M SINGERS 10:45 BINGO	6 Art Project Blue Grass Band BINGO	7 9:00 Chair Exercises 9:30 Memory Games 10:00 - SONG SPINNERS 10:45 BINGO	8 9:30 Art Project <i>Island Art Association</i> 10:45 BINGO	9 8:00-10:45 FREE TIME 10:45 BINGO
12 9 Chair Exercises 9:30 BINGO 10:30 Santa Claus and Pre-School Children	13 EAT OUT AT Red Lobster LV: 10:00 am	14 9:00 Chair Exercises 9:30 Memory Games 10:00 <i>Health Topic</i> 10:45 BINGO	15 RITZ CARLTON HOLIDAY TOUR Lv: 9:30 am	16 8:00-10:45 FREE TIME 10:00 <i>TuckerArnold</i> 1 0:45 BINGO
19 9 Chair Exercises 9:30 Memory Games 10:00 Nutrition <i>Jennifer Cascone</i> 10:45 BINGO	20 ALLIED VETS HOLIDAY PARTY Lv: 9:30 am	21 9:00 Chair Exercises 9:30 Memory Games 10:00 PIANO RECITAL 10:45 BINGO	22 9:30 Art Project 10:45 BINGO	23 CLOSED Christmas Holiday
26 CLOSED Christmas Holiday	27 BOWLING & Lunch LV: 9:30	28 9:00 Chair Exercises 9:30 Memory Games 10:00 <i>Health Topic</i> 10:45 BINGO	29 9:30 Art Project 10:45 BINGO	30 8:00-10:45 FREE TIME 10:45 BINGO