


January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
COA will be CLOSED in observance of the New Year's Day Holiday	Art Project	Chair Exercises	Art Project	Free Time
	9:00 to 10:30	Blood Pressure Readings	9:00 to 10:30	9:00 am to 10:45 am
	BINGO	Memory Games	BINGO	BINGO
	10:30 to 11:40	Health Topic	10:30 to 11:40	10:45am to 11:45 am
	Lunch	Lunch	Lunch	Lunch
9	10	11	12	13
				Free Time
Chair Exercises	Eat out in Jax	Chair Exercises	Art Project	9:00 to 9:45
Memory Games	Lv: 9:30 am	Blood Pressure Readings	Island Art Association	Songsters - Joey & Jean
Sing-a-long Tucker Arnold		Memory Games	9:00 to 10:30	9:45 to 10:45
BINGO		Health Topic	BINGO	BINGO
Lunch		BINGO	10:45 to 11:40	10:45 to 11:45
		Lunch	Lunch	Lunch
16	17	18	19	20
	Art Project		Art Project	Free Time
COA will be CLOSED to Honor Martin Luther King, Jr. Day	9:00 to 10:30	Chair Exercises	9:00 to 10:30	9:00 to 10:45
		Blood Pressure Readings		
	BINGO	Memory Games	BINGO	BINGO
	10:45 to 11:40	Health Topic	10:45 to 11:40	10:45 to 11:45
	Lunch	BINGO	Lunch	Lunch
		Lunch		
23	24	25	26	27
				Free Time
Chair Exercises		Chair Exercises	Art Project	9:00 to 10:45
Memory Games	Eat out in Jax	Blood Pressure Readings	9:00 to 10:30	
Meet & Greet Pets	Lv: 9:30 am	Memory Games	BINGO	
<i>Nassau County Animal Services</i>		Nutrition Update	10:45 to 11:40	BINGO
BINGO		BINGO	Lunch	10:45 to 11:45
Lunch		Lunch		Lunch
30	31			 <p align="center"> Council on Aging <small>of NASSAU COUNTY</small> </p>
			Council On Aging Of Nassau East Nassau	
Chair Exercises	BOWLING		Nassau County Council On Aging	
Memory Games	at Nassau Bowling Center		1367 S 18th Street	
Family Feud	Lv: 9:30		Fernandina Beach, Florida 32034	
BINGO	Lunch at Chick-a-Fil		904-261-0701 x 102	
Lunch				