

COA CENTER AT UF HEALTH NOCATEE

July 2024



COA MONTHLY UPDATE

www.coasjc.org/center-at-nocatee

PROVIDING EDUCATION & SUPPORT ON YOUR HEALTH JOURNEY

The St. Johns County COA provides education and enrichments for adults. In addition, the COA Center at Nocatee provides support and needs assessments for all caregivers, including caregivers of people living with dementia and other brain disorders and specialized classes for people living with Parkinson's disease.

Join us for educational programs, healthy living lectures, tai chi classes, enrichment activities & arts for adults age 18+.

***** Please turn page for July program descriptions*****

COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, and weekly Caregiver Support Group. People living with Parkinson's &/or their care partner are invited to attend our Parkinson's Support Group/Educational meetings once per month.

E-mail pbrunell@stjohnscoa.com or call 904-814-9407 for more information or to schedule an appointment.

DID YOU KNOW?

COA provides:

- Meals on Wheels
- Independent Living Services
- Prescription Assistance
- Volunteer Opportunities
- Paratransit Transportation
- Care Connection
- IMEP and more

The St. Johns County Council on Aging is here to help.

For a complete list of services go to www.coasjc.org.



SJC COA, Inc.
Community Care-giving Program

TUESDAY:

Caregiver Support Group: All caregivers are welcome. The group meets every Tuesday from 1:00 p.m. to 2:30 p.m. There is a trained facilitator present at every meeting to guide the group.

Open Card Play: Bring your deck of cards and join others in playing the card game of your choice. No instructor will be present. This is a self-directed group. Every Tuesday 1:00 p.m. to 4:00 p.m.

Summer BINGO: Semiannual bingo is open to Adults 18+. Play free and win prizes. July 9 from 10:00 a.m. to 11:00 a.m. You must RSVP to be able to play.

Widows and Widowers: Social group meeting the second and fourth Tuesdays of every month from 11:00 a.m. to 12:30 p.m. Some meetings may take place outside the COA.

Fire Safety Presented by St. Johns County Fire & Rescue: Learn what you need to know to protect you and your family. People with hearing, sight, & physical disabilities may be at higher risk. July 16 at 10:00 a.m.

Reclaimed Water in the Home Landscape: Learn about the principles of reclaimed water and its benefits in residential gardening. We will explore how to safely use it in your home landscape, including fruit and vegetable plantings. A FREE presentation by Terra Freeman, Urban & Commercial Horticulture Extension Agent for UF/IFAS Extension St. Johns County. July 30 from 10:30 a.m. to 11:30 a.m.

WEDNESDAYS:

Open Art: Bring your art or craft project to work on while socializing with friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.m.

Mah Jongg Meet-up: Open play for experienced players. July 3, 10, 24, 31 from 1:00 p.m. to 3:00 p.m. & July 17 from 3:00 p.m. to 5:00 p.m.

Tai Chi: Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. All levels welcomed. Wednesdays starting July 3 for five weeks; Class time is 1:00 p.m. Cost is \$25. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>.

Parkinson's Meet, Greet & Learn: A monthly meeting for people living with Parkinson's disease and/or their care partner. Always held the First Wednesday in the Month: July 3 from 3:00 to 4:30 p.m.

Medication Review by Appointment: Have your prescriptions evaluated by our Pharmacist volunteer. Then meet one 1:1 to discuss the results to relay to your physician. Wednesday mornings by appointment.

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. July 17 from 1:00 p.m. to 2:30 p.m. No cost to attend.

Life Quest Organ Recovery Program, Presented by Donate Life Florida: What does it mean to be an organ donor and much more? July 24 from 10:00 a.m. to 11:00 a.m.

Hidden in Plain Sight: The Prevention Coalition of St. Johns County will be informing parents and grandparent what to look out for to protect the children and community from potentially deadly substance misuse. All age 18+ are welcome to attend. July 31 from 10:00 a.m. to 11:00 a.m.