

# COA CENTER AT UF HEALTH NOCATEE

## MONTHLY UPDATE

June 2025

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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 June 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](http://www.coasjc.org).



SJC COA, Inc.  
Community Care-giving Program

## TUESDAYS:

**Stretch, Strengthen & Move (No Floor):** Easily adapted to your fitness level. Can be done standing or sitting. Class size is limited. Every Tuesday from 10:00 to 11:00 a.m. for a cost of \$10 to attend June classes. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

**Meditation:** Participants will be guided through their unique energy-clearing session. Free weekly classes every Tuesday in June from 11:15 a.m. to noon.

**Caregiver Support Group:** All caregivers are welcome. The group meets every Tuesday from 1:00 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 to 4:00 p.m.

**Widows Meetup:** 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. A one-time registration to join the group is required to receive meeting updates.

## 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.

**Ear-Resistible BINGO:** Join us for BINGO and prizes and learn how to get a captioned telephone, at no cost with hearing loss. June 4 from 10:00 to 11:00 a.m.

**Easy Tai Chi:** This class is for people who have never done Tai Chi, need a refresher or slower detailed training with instructor Dennis Sheils. Wednesdays starting June 4 for four weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

**Mah Jongg Meet-up:** Open play for experienced players. June 4, 11, 25 from 1:00 to 4:00 p.m., June 18 from 3:00 to 5:00 p.m.

**Advanced Tai Chi:** Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays starting June 4 for four weeks; Class time is 1:30 to 2:30 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. June 4 from 3:00 to 4:00 p.m.; a break out session for PWP will be after the educational session by Encompass Health Rehab.

**Your Florida Friendly Landscaping:** Presented by Terra Freeman, FFL & Commercial Horticultural Agent for UF/IFAS St. Johns County. Attend to learn how to save water, time and money by knowing the principals of FFL. June 18 from 10:30 a.m. to Noon.

**Genealogy Group:** The group meets the 3rd Wednesday of each month. June 18 topic is Immigration and Emigration Records.

**Eye Diseases of Aging Eyes:** Join us for this informative presentation by Dr Donald A. Barnhorst Jr., MD from Florida Eye Specialists. June 25 from 10:30 to 11:30 a.m.

**Caregiver Needs Assessment:** Make an appointment with a Qualified Dementia Care Specialist who will set up a time to discuss your situation 1:1; develop an individualized education and needs assessment; support and guide; and empower you to find solutions for those needs. Call to schedule a free appointment on Tuesday or Wednesday, 904-814-9407 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com).