



CENTER AT UF HEALTH NOCATEE

www.coasjc.org/center-at-nocatee

JUNE 2025

Tuesday

Wednesday

3 10:00 Stretch, Strengthen, Move* 11:15 Meditation 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 4:00 Caregiver Needs Assessments	4 9:30 Open Art (2 hrs) 10:00 Ear-Resistible BINGO 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 3:00 Parkinson's Meet, Greet & Learn – Encompass Health Rehab
10 10:00 Stretch, Strengthen, Move* 11:00 Widows & Widowers (1.5hrs) 11:15 Meditation 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 4:00 Caregiver Needs Assessments	11 8:30 LAB Meeting 9:30 Open Art (2hrs) 12:30 Easy Tai Chi* 1:30 Advanced Tai Chi* 1:00 Mah Jongg Meet-up (3hrs) 2:30 - 4:00 Caregiver Needs Assessment
17 10:00 Stretch, Strengthen, Move* 11:15 Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 4:00 Caregiver Needs Assessments	18 9:30 Open Art (2hrs) 10:30 Your Florida Friendly Landscaping 12:30 Easy Tai Chi* 1:00 Genealogy (3 rd Wed) (1.5 hrs) 1:30 Advanced Tai Chi* 2:30 – 4:00 Caregiver Needs Assessments 3:00 Mah Jongg Meet Up (3 hrs)
24 10:00 Stretch, Strengthen, Move* 11:00 Widows & Widowers outing (1.5hrs) 11:15 Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 4:00 Caregiver Needs Assessments	25 9:30 Open Art (2hrs) 10:30 Eye Diseases of Aging Eyes – Dr Barnhorst 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 2:30 – 4:00 Caregiver Needs Assessments

Schedule is subject to change. Advanced registration is required. All events last for an hour unless otherwise noted. Please call (904) 819-3234 or email pbrunell@stjohnscoa.com to register. For classes marked with an * there is a small fee. Please register at <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

To schedule a one to one "Caregiver Needs Assessment" call 904-814-9407