

# COA CENTER AT UF HEALTH NOCATEE

## MONTHLY UPDATE

### July 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 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](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 sitting or standing. Class size is limited. Every Tuesday from 10:00 to 11:00 a.m. for a cost of \$10 to attend July classes. To register visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

**Meditation:** Participants will be guided through their unique energy-clearing session. Free weekly classes every Tuesday in July 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 from 1:00 to 4:00 p.m.

**Widows Meetup:** Social group meeting on 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. Meetings are every Wednesday from 9:30 a.m. to 11:30 a.m.

**Summer BINGO:** Join us for free BINGO and prizes. July 11 from 10:30 to 11:00 a.m.

**Easy Tai Chi:** This class is for people who have never done Tai Chi, need refresher or slower detailed training with instructor Dennis Sheils. Wednesdays start July 2 for five weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

**Mah Jongg Meet-up:** Open play for experienced players. July 2, 9, 23, & 30 from 1:00 to 4:00 p.m., July 16 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 start July 2 for five weeks; Class time is 1:30 to 2:30 p.m. Cost is \$25. To register visit <https://coasjc.coursestorm.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. July 2 from 3:00 to 4:30 p.m.; a breakout session for PWP will take place after a summer social session.

**Learn to Play Mexican Train:** The first 2 weeks will be with an instructor guiding the game. The 3rd week you will be playing without an instructor. July 9, 16, 23 from 10:00 a.m. to noon.

**Genealogy Group:** The group meets on the 3rd Wednesday of each month. July 16th topic is Immigration and Emigration Records from 1:00 to 2:30.

**Florida Friendly Turf Alternatives:** 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 using turf alternatives. July 30 from 10:30 a.m. to Noon.

**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).