



CENTER AT UF HEALTH NOCATEE

www.coasjc.org/center-at-nocatee

JULY 2025

Tuesday

Wednesday

1 10:00 Stretch, Strengthen, Move* 11:15 Meditation 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 Caregiver Needs Assessments	2 9:30 Open Art (2 hrs) 10:30 Summer 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 (Social)
8 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 Caregiver Needs Assessments by appt	9 9:30 Open Art (2hrs) 10:00 Learn Mexican Train lesson 1 12:30 Easy Tai Chi* 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet-up (3hrs)
15 10:00 Stretch, Strengthen, Move* 11:15 Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 Caregiver Needs Assessments by appt	16 9:30 Open Art (2hrs) 10:00 Learn Mexican Train lesson 2 12:30 Easy Tai Chi* 1:00 Genealogy (3 rd Wed) (1.5 hrs) 1:30 Advanced Tai Chi* 3:00 Mah Jongg Meet Up (3 hrs)
22 10:00 Stretch, Strengthen, Move* 11:00 Widows & Widowers outing 11:15 Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 Caregiver Needs Assessments by appt	23 9:30 Open Art (2hrs) 10:00 Mexican Train – no instructor 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi*
29 10:00 Stretch, Strengthen, Move* 11:15 Meditation 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 Caregiver Needs Assessments by appt	30 9:30 Open Art (2hrs) 10:30 Turf Alternative 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi*

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

COA Center at UF Health Nocatee, 351 Town Plaza Ave. Ste. 205, Ponte Vedra, FL 32081 (904) 819-3234