

COA CENTER AT UF HEALTH NOCATEE

MONTHLY UPDATE

August 2025

(904) 819-3234 pbrunell@coasjc.org



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 August 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

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 August 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 August 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. Most players play a version of Canasta. 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 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.

Mexican Train: Self-directed game, with no instructor present. August 6 & 13 from 10:00 to 11:30 a.m.

Easy Tai Chi: This class is for people who have never done Tai Chi, needs refresher or slower detailed training with instructor Dennis Sheils. Wednesdays start August 6 for four weeks; Class time is 12:00 noon to 1:00 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. August 6, 13, 27 from 1:00 to 4:00 p.m. and August 20 beginning at 3:00 p.m.

Advanced Tai Chi: Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays start August 6 for four weeks; Class time is 1:00 to 2:00 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. August 6 from 3:00 to 4:30 p.m.; a breakout session for PWP will take place after a presentation by guest speaker Jesse Cohen, MD of UF Health Neurology.

Genealogy Group: The group meets on the 3rd Wednesday of each month. On August 20 from 1:00 to 2:30 we will be discussing "Breaking Through Brick Walls...Challenge Our Members with Yours."

Proper Pruning Techniques: Presented by Terra Freeman, FFL & Commercial Horticultural Agent for UF/IFAS St. Johns County. Knowing when, how, why & what to prune can affect the health and appeal of your landscape. August 20 from 10:30 to 11:30 a.m.

Is Probate a Dirty Word? What is it? This presentation by Managing Attorney of St. Johns County Legal Aid will inform you on what you need to know to protect you and your loved ones. August 27 from 10:00.