



# CENTER AT UF HEALTH NOCATEE

[www.coasjc.org/center-at-nocatee](http://www.coasjc.org/center-at-nocatee)

## AUGUST 2025

### Tuesday

### Wednesday

<b>5</b> 11:15 Meditation 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 Caregiver Needs Assessments	<b>6</b> 9:30 Open Art (2 hrs) 10:00 Mexican Train (1.5 hrs) 12:00 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:00 Advanced Tai Chi* <b>3:00 Parkinson's Meet, Greet &amp; Learn / Dr Cohen</b>
<b>12</b> 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	<b>13</b> 9:30 Open Art (2hrs) 10:00 Mexican Train (1.5 hrs) 12:00 Easy Tai Chi* 1:00 Mah Jongg Meet-up (3hrs) 1:00 Advanced Tai Chi* 2:30 Caregiver Needs Assessment
<b>19</b> 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	<b>20</b> 9:30 Open Art (2hrs) <b>10:30 Proper Pruning Techniques</b> 12:00 Easy Tai Chi* 1:00 Genealogy (3 <sup>rd</sup> Wed) (1.5 hrs) 1:00 Advanced Tai Chi* 3:00 Mah Jongg Meet Up (3 hrs)
<b>26</b> 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 Caregiver Needs Assessments	<b>27</b> 9:30 Open Art (2hrs) <b>10:00 Is Probate a Dirty Word? What is it?</b> 12:00 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:00 Advanced Tai Chi* 2:30 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](mailto: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