



August 2024

Tuesday

Wednesday

<p>6 10:00 Beading Bracelets for Fun & Fashion 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 Yoga for Mental Health 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>7 9:30 Open Art (2hrs) 10:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn -treating non-motor symptoms</p>
<p>13 10:00 COA Transportation 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>14 9:30 Open Art (2 hrs) 10:00 Feed Your Lifelong Learning Desire - OLLI 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>20 10:30 Florida Friendly Lawn Care – Terra Freeman 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 Yoga for Mental Health 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>21 9:30 Open Art (2hrs) 10:30 Communicating w/ Impaired People 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (2hrs)</p>
<p>27 10:00 Stretch, Move & Groove (no floor) 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>28 9:30 Open Art (2hrs) 10:00 Is Probate a Dirty Word? Attny Megan Wall 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
	<p>To schedule a one to one “Caregiver Needs Assessment” appointment please call 904-814-9407</p>

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.coursetorm.com/category/coa-center-at-nocatee>