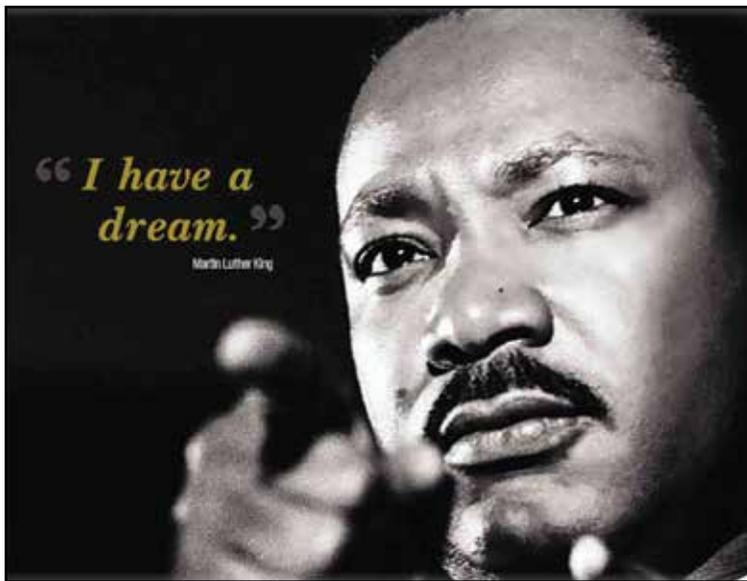


# st. augus!time

JANUARY 2019



**You are never too old to set another goal or to dream a new dream. – C.S. Lewis**



3

Dorothy Jennings



5

Be a Santa to a Senior®



8

Volunteer Spotlight



10

Wise Old Owl



11

River House Classes

## LETTER FROM THE DIRECTOR

**“You are never too old to set another goal or to dream a new dream” – C.S. Lewis**

I thought this quote on the cover of the January issue of GUS! was so appropriate as we go into the new year. A plethora of scientific studies over the years show that a healthy mix of both physical and intellectual activity helps us maintain our overall well-being. We can preserve a healthy body and a healthy mind, delaying, mitigating or even eliminating the onsets of physical injuries and many ailments.

But where do we begin? It all starts and ends with education and lifelong learning. Engaging in

lifelong learning stimulates our brains and keeps our most important assets sharp. And the best news is that there are a variety of ways to do this. Lifelong learning keeps our minds sharp. Many classes and programs are available at Council on Aging to engage in lifelong learning, spread across many areas of interest, from writing, language classes, art history lectures and musical theater to book clubs and discussion groups.

Physical activity helps the brain, and here we can adhere to the old adage

“Use it or lose it.” Pole walking, yoga, dancing - we’re all familiar with the general health benefits of exercise. But do you know that physical exercise does as much for the brain as it does the body?

Social relationships and community involvement keep you sharp as well, and COA provides many opportunities to develop both. Social interaction is one of the most powerful ways to benefit our cognitive processes in a variety of ways. Lifelong learning feeds into this, as well. The more we know,

the more we grow, and seeking out learning opportunities naturally brings us into the social realm, discussing our new findings with others, and wanting more and more to help our community.

So if you want to set a new goal or dream a new dream in 2019, call on Council On Aging. We are here to help. We are your COA!

*Becky Yanni*

Executive Director,  
COUNCIL ON AGING

## SEVEN REASONS WHY IT'S NEVER TOO LATE IN LIFE

Source: *PowerofPositivity.com*

Our life is limited – at least in the number of years spent on Earth. As such, many individuals try to fit in as much “living” into those finite number of years as possible. Sometimes, an older person begins to take on a should’ve/could’ve/would’ve mindset. Some of these people may experience a deep sense of regret, with some actually developing depression or other health conditions.

But is this type of thinking ever helpful? It’s natural that we experience regret from time to time; however, the hard truth is that the past is unchangeable. Sure, we can change ourselves as a result of the past. We can maybe even mitigate the damage done a little bit.

We cannot add or subtract years from our life...we can only live for the moment

**“You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island of opportunities and look toward another island. There is no other land; there is no other life but this.” – Henry David Thoreau**

and try to make the best out of it. Keeping that in mind, let’s look at some of the reasons why it’s never too late to make changes in your life.

### 1. ALL THAT EXISTS IN THE PRESENT

Think about this for a moment. How many of us get so wrapped up in what was done in the past, and what we’re going to do in the future...all the while abandoning the present?

How many of us really live in the moment anymore?

Why not focus on the only thing we can truly experience right now...the present moment?

### 2. WE CAN CHANGE ONE THING AT A TIME

There is one blunder that many of us make as we experience regret later in life. Instead of concentrating our efforts on changing one aspect

## Advertise in Gus!

Gus! Magazine is the recipient of the 2011 ElderSource “Night With the Stars” Outstanding Media Award the 2012 Quality Senior Living Award in the Media Vision category! Gus! Magazine gives great information about community events and services ~ and great results for our advertisers. Gus! is inserted into 10,000 home-delivered copies of the St. Augustine Record on the second Thursday of every month.



You can also find Gus! at all branches of the St. Johns County Library, River House (179 Marine St.), and the Coastal Community Center (180 Marine St.)

Want results? Grab Gus! Call the Record at (904) 819-3458 or fax (904) 819-3557

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VISION STATEMENT of  
ST. JOHNS COUNCIL ON AGING  
“To promote the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community.”

## SEVEN REASONS WHY....

*continued from previous page*

of us, we instead dwell on everything we perceive to have done wrong. As a result, we are overwhelmed and experience “analysis paralysis.”

When we focus on one thing about our lives to improve, it’s much, much easier.

We don’t need to address everything at once...we just need to focus on one thing and do our best!

### 3. WE CAN TAKE BABY STEPS

Sure we may be a bit older now, but that doesn’t mean that we need to change everything overnight (remember that whole ‘moments’ thing?) Not to mention, when we try to progress too quickly our results suffer. What’s the point of rushing in this case?

Much better to slow down and really change what you want! You’ll be much happier with the results.

### 4. THE FUTURE IS UNCERTAIN

Of course, nobody knows what will happen in the future! Think about how much better life would be if we lived each day like it was our last...

While it may seem like a bit of a rehash of what was discussed earlier, it is very important to remind ourselves of this fact. This is especially true if one is trying to make positive changes in life.

### 5. WE STILL HAVE OUR WILL

“Where there’s a will, there’s a way!” How many times have we heard this? But how true it is. Without our will, we are nothing.

If you’re breathing, your will is active and ready to

be put to use. One could argue that our will is one of the most important human elements of being human... perhaps second only to the soul.

You have your mind, you have your soul, and you have your will...act on them!

### 6. SELF-IMPROVEMENT DOESN’T EXPIRE

Almost without exception, some of the regret experienced later in life is a result of not “achieving” something. When one feels that haven’t fulfilled their true potential, it can leave a painful mark. But the ability to improve oneself does not expire.

### 7. OUR LEGACY

Ah yes, then there is the matter of what we leave behind. How will future generations think of us when we’ve long departed this Earth? Will they be inspired and heartened by your life? Or will they be neutral...maybe even a bit disappointed?

It’s quite surprising that few people think of legacy until very late in life. But what we leave behind for our descendants is one of the greatest gifts we can give. And don’t just think of your legacy in materialistic form-remember that your story is unique and has power. Make sure it is recorded for future generations.

## DOROTHY JENNINGS – YOUNG AT HEART

Dorothy first encountered COA’s Coastal Community Center through her own mom’s involvement. Now at the sprightly age of 90, Dorothy is herself an enthusiastic participant, and has been for the past six years.

Dorothy says the greatest way the Coastal Community Center has benefited her life is in her relationships with other people. “You can do a lot of these same things at home. But socialization is the biggest thing,” she explains. “I absolutely would recommend it – for the friendships most of all.”

Dorothy enjoys the variety in activities at the Center, and that each day has a different purpose. She assists with bingo, participates in the group chair exercise program, and enjoys the Center’s outings. But her favorite activity by far is working on puzzles - as she says, “Always with friends - men and women.” She has even been known to grab the bus driver or Program Coordinator, Leila Hartland, and coax them “to do a couple of pieces!”

Dorothy worked in the legal field before retiring, and is an avid lifelong learner. As an adult, she earned a second degree in voice performance over the course of ten years. She recently passed her Florida State drivers re-test, and plans to apply to become a substitute teacher in the St Johns County School District.

As Dorothy explains, “I like to help people.”



## WINTER WONDERLAND DANCE SHOW

The 2018 Winter Wonderland Dance Show was a smashing success! On December 13th, our talented dancers shared their artistry for a packed house at the River House to thunderous applause. Thank you to our wonderful dancers and to their dedicated teachers at the River House, our lifelong adult learning center in St Johns County. And thank you to Marshall and Tasha Peters, the talented chefs at the River House Cafe, for a delicious luncheon! Bravo to all!





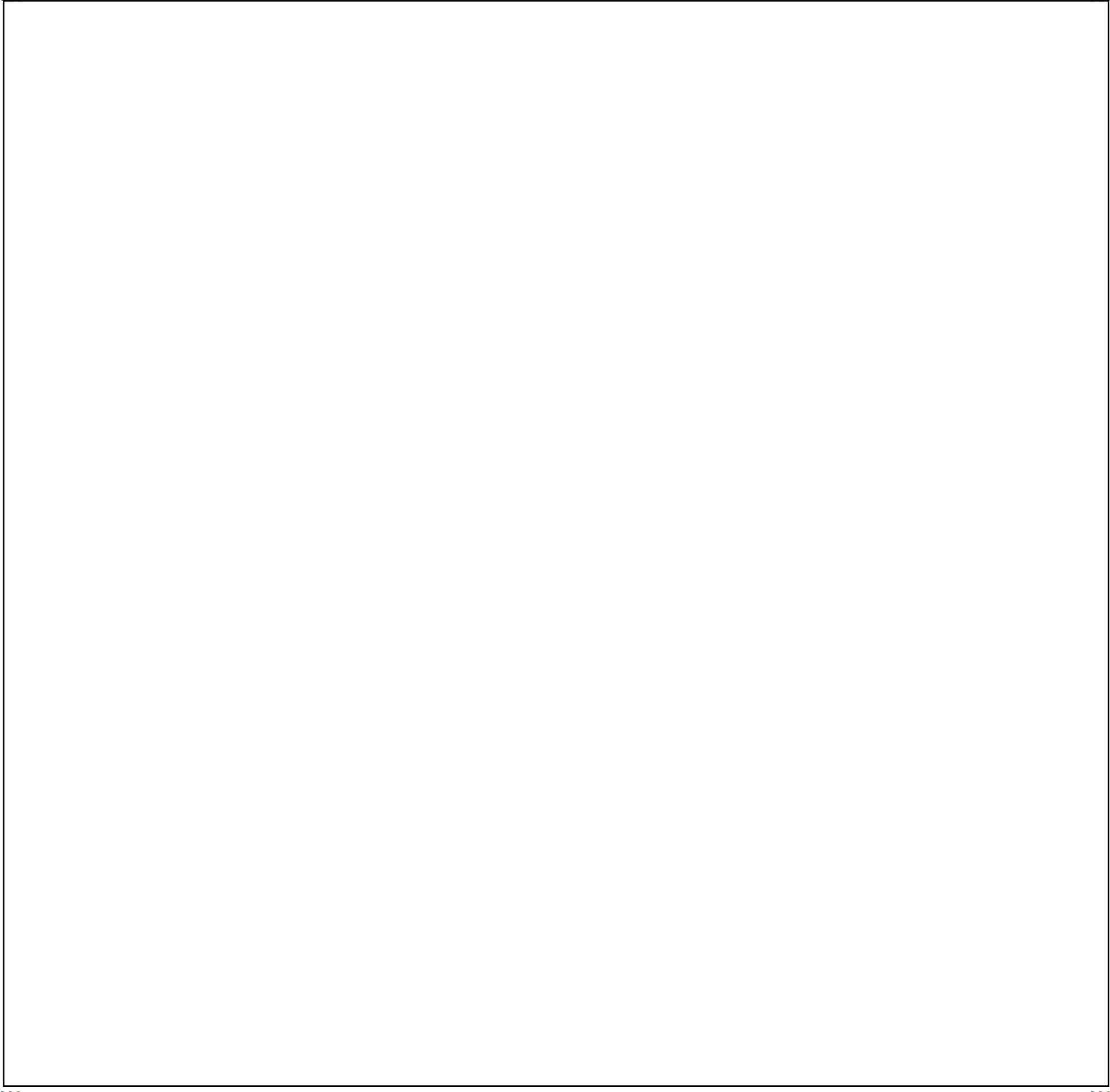
## BE A SANTA TO A SENIOR® IN ACTION!

Thoughtful gifts and warm holiday cheer were delivered in December to St Johns County seniors thanks to the Be a Santa to a Senior® program. The program was organized by Home Instead Senior Care of St Augustine and St Johns County, along with partners, Council on Aging, Community Hospice & Palliative Care, the St. Johns County Sheriff's Office and St. Augustine Beach Police Department. Local business partners who participated in the effort were:

- Bite A Bagel, 105 Nature Walk Pkwy, #108, St. Augustine, FL 32092
- Bealls Outlet, 316 FL-312, St. Augustine, FL 32086
- Walgreens, 5445 FL-16 ( Near International Golf Pkwy and SR 16), St. Augustine, FL 32092
- Walgreens, Palm Coast Landing, 5000 FL-100, Palm Coast, FL 32137
- Walgreens, 1109 Palm Coast Pkwy SW, Palm Coast, FL 32137
- Walgreens, 215 Palm Coast Pkwy NE, Palm Coast, FL 32137

We would like to thank everyone for their enthusiastic participation, including the many generous donors, tireless volunteers, staff and partners who spent long hours selecting, wrapping and delivering these special gifts. You all went the extra mile to make sure St Johns County seniors would feel loved and cared for during the holidays. Thank you all – these smiles say it all!





# Carrot and Cashew Soup

serves 5-8 guests

Something delicious to warm your belly on the cold winter nights! The perfect blend of cashews, carrot, coconut and ginger make for a soup that is creamy, rich and decadent, but made with healthy, simple, whole food ingredients you can find in your grocery store.

## INGREDIENTS:

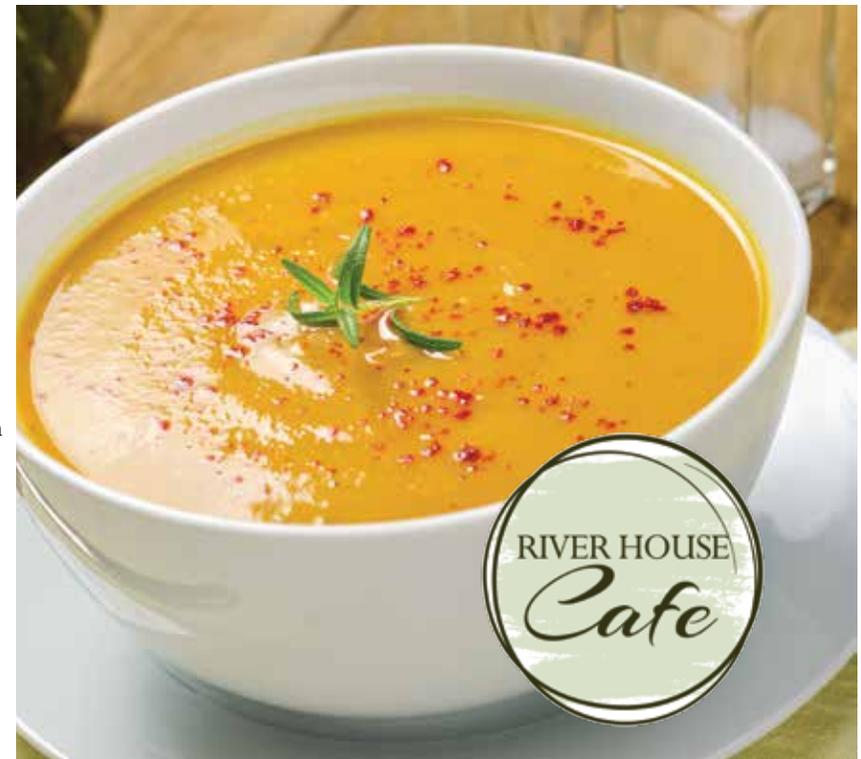
- You will need a blender or food processor
- 1 medium white onion, diced
- 3 cloves minced garlic
- 4 cups peeled and chopped carrots
- 2 tbsp of fresh ginger
- 1 cup RAW cashews (soaked overnight in water)
- 1/2 tsp allspice
- 2 tsp curry powder
- 1/4 tsp cinnamon
- 4 cups vegetable broth
- 1 cup coconut milk, shaken
- 1 pinch of salt

## DIRECTIONS:

1. Step one is to make your cashew cream. Drain the water off of the cashews, rinse, then add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of water, depending on the desired thickness of your soup. Puree in your food processor until smooth. You can then run it through a cheesecloth for silky cream, or leave the bits of cashew in the cream. I prefer to leave the bits of cashew in.
2. In a soup pot over medium heat, use  $\frac{1}{4}$  of vegetable broth to sautee the onion, garlic, ginger until they soften, about 5 minutes. Add all the spices and cook another minute.
3. Add the carrots and the rest of the vegetable broth and simmer lightly until the carrots are soft and can be pierced with a fork.
4. Stir in the coconut milk.
5. Add the carrot soup into the cashew cream that is still in your food processor, puree the soup until smooth, letting it run until very creamy. This could take a moment. Just let the blender run. Then, return to the pot. Season with salt and enjoy!

## CAFE CORNER

River House Café- 179 Marine St. 904-209-3636  
Open Monday- Thursday 11am-3pm



## VOLUNTEER SPOTLIGHT

Linda Roberts  
*Sunshine Center, Coastal Community  
 Center, Development*



**WHY WAS COA SELECTED:** When I lived in Connecticut, I volunteered at the local senior center and enjoyed the interaction with our upbeat senior participants. Shortly after moving to St. Augustine, I discovered COA at the end of Marine Street quite by accident. I went in to see what it was all about, and after speaking with the Volunteer Coordinator, I decided this was a great fit for me - it is a wonderful way to spend some of my extra time now that I am retired.

**HOW LONG VOLUNTEERED:** 4 years

**BACKGROUND INFORMATION:** I grew up in Reading, PA and then married and moved to Wallingford, CT. In CT I volunteered at the library, the hospital and the local senior center. My career was primarily in the field of banking. I also worked as a certified nurse's aide.

**SPECIAL INTERESTS/HOBBIES:** I love to garden, paint watercolors, hike and watch Nature "do its thing."

**SPECIAL ACHIEVEMENTS:** I raised two independent and caring daughters.

**PARTING WORDS:** I thoroughly enjoy working with COA. They offer an incredible support system for St. Johns County Seniors. Everyone is made to feel welcome. Spread the word!

## RIVER HOUSE PRESENTS THE WISEGUY KITCHEN: "DINNER WITH THE MOB"

*A Live Musical Comedy Cooking Show*

On Friday, January 18th, the River House will present a new theatrical cooking show touring the country called The Wiseguy Kitchen - a Broadway-style musical comedy starring New York chef-turned-actor, Vincent Fiore. The live production is a spin-off of the popular Wiseguy Kitchen Television Show, featuring comedy, music, singing and live cooking. Fiore, the show's creator, wrote and produced the live show with Orlando-based actor/director, Phil Card, a dinner theater veteran from Disney and Universal Studios.

Audience members watch as Vinny teaches them how to prepare classic New York style Italian dishes with a WiseGuy flair, while the cast and crew try to distract Vinnie from his ultimate goal of "going legit"! Unlike most dinner theater productions, the show is as interactive with the audience as a live or taped cooking show.

Featuring actors Tracy Roesse ( Maria), Stacey Steele (Nina, Vinny's ditzzy ex- mob girl turned assistant), Phil Card ( Uncle Carmine, trusted sidekick and mob funny man), Murray Krasnoff (Louie The Loan Shark), Everett Dean (Rocco, flamboyant mob host), Bill Castner (DJ Flashback), and Fiore himself (Vinny) a mobster turned chef, showman and improv master.

Fiore explains the shows unique appeal: "We have it all! Great food, great talent, singing, dancing, and a great story!"

The WiseGuy Kitchen Show will be presented Fri., Jan. 18th 2019 at The River House, St Augustine, FL. Tickets are \$75 per person which includes Dinner & the Show.

LIVE MUSICAL COMEDY AND COOKING SHOW




THE FOOD NETWORK MEETS THE SOPRANOS

2018 TASTE AWARD WINNER  
FIVE TIME TELLY AWARD WINNER

COA St. Johns County Council On Aging

Proceeds benefit St. Johns County Council on Aging

Family Style Dinner & One Beer or Wine with Ticket

Music of: CELINE DION \* ELVIS \* WHITNEY HOUSTON \* FRANK SINATRA \* And Many More!

JAN 18, 2019 : 6:30 PM  
904-826-6210

Dinner & Show \$75pp  
PROMO CODE : earlybird10: receive \$10 off - valid until 12/20/18

www.thewiseguykitchenshow.com

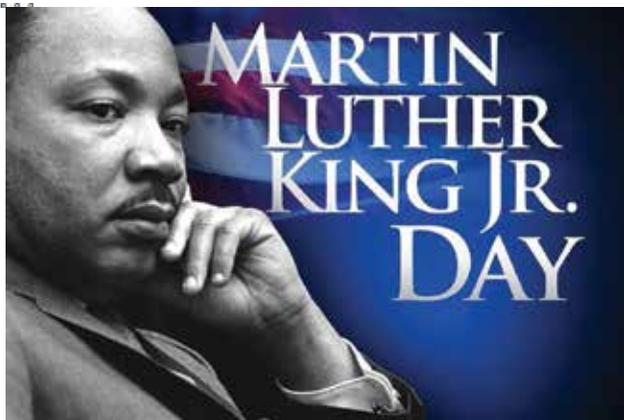
Dinner starts at 6:30 pm. For tickets and more information, call 904-826-6210, or visit: [www.thewiseguykitchenshow.com](http://www.thewiseguykitchenshow.com).

## TECHNOLOGY Tips

by Riley Lewis

The beginning of the year gives us a fresh new start – resolutions, ideas, plans – our to do list gets longer and longer! To start your technology year off on the right foot, why not do a "tech check" to make sure everything is running smoothly.

- Antivirus: Do you have a free or paid antivirus? If it's paid, is your subscription still active? When was the last time it ran a scan? Did it find anything that needs attention? This could be a good time to run a full computer scan and make sure you're surfing safely.
- Backups: Have you backed up your files? If not, move that to the top of your list! Data loss can strike at any moment, make sure your important documents and precious photos are somewhere safe! You can use external storage like flash or hard drives, or cloud storage to backup files. If you already have a backup in place, check to see if it's running regularly and that the files you need are actually being backed up.
- Declutter: It might still be winter, but it's never too early for spring cleaning! Why not tackle that out of control inbox, finally sort your mixed up vacation photos into folders, or clean up your desktop to make finding documents easier?
- Updates: Has your computer been pestering you to do updates for the past year? Now can be a good time to run the updates it's been missing to keep your system up to date and running smooth. Tip: if you have large updates pending, you might want to do your file backups first. Although rare, if a larger update causes an issue, you'll have a fresh backup in case you need to restore anything.



## CELEBRATING MARTIN LUTHER KING, JR. – JANUARY 21, 2019

Signed into law in January 1983 by President Ronald Reagan, the national Martin Luther King, Jr. Holiday is a celebration of Dr. King's immeasurable contribution to the United States, and to humankind. The holiday would not have been possible without the tireless leadership of the King Center's founder and long-time president, Mrs. Coretta Scott King.

Celebrated on the third Monday of January, the King Holiday is a time when the nation pauses to remember Dr. King's life and work, but also to honor his legacy by making the holiday a day of community service, "a day on, not a day off."

As we honor Martin Luther King, Jr., I am reminded of a quote often attributed to him: "If I cannot do great things, I can do small things in a great way." King, of course, did both. In actions great and small, he helped to change the course of American society - an inspiration to all of us.

During the Civil Rights Movement, the goal was to achieve one great ideal: equal rights. However, equality couldn't be achieved without smaller, individual contributions from prominent leaders and lesser known advocates. Just because an act of service or outreach is small doesn't mean it's not quality.

When thinking of the Civil Rights Movement, it's easy to focus on the notable figures. Individuals who seemingly changed the American landscape with one brave action like Rosa Parks, Paul Robeson and Harry Belafonte, come to mind. The magnitude and impact of the aforementioned leaders is unquestionable, but consider the tireless efforts of student volunteers at local community offices, the young women who supplied water and food for protesters, or the journalists who went out on a limb to document black Americans living in the shadow of the Jim Crow South or struggling to get by in the urban North.

The lives and the words that remain behind all great men inspire us not only to reflect, but also to act in harmony with our vision. Their lives remind us that we are not asked to do great things... we are asked only to do all things with great care, to honor our individual moral worth, while always considering the wellbeing of those who surround us.

## COLUMBIA RESTAURANT'S 21ST ANNUAL COMMUNITY HARVEST PROGRAM BENEFITS COUNCIL ON AGING

COA would like to express our thanks to the Columbia Restaurant for their generous support of Council on Aging through their 21st annual Community Harvest program. Through the program, the Columbia Restaurant donates 5% of all guests' lunch and dinner checks to charitable community organizations chosen by the guests. All seven Columbia Restaurants participated.

"We are proud to contribute to the worthy organizations in the communities we serve," said Richard Gonzmart, 4th generation family member and president of the Columbia Restaurant. "We are happy to announce that we have reinvested more than \$227,000 from this year's Community Harvest to more than 100 non-profit groups throughout Florida. The basis of the Columbia Community Harvest has been our family's philosophy of living each day with passion and purpose by helping others, as we have since the Columbia was founded in 1905."

Council on Aging is a proud and grateful recipient of donations from the program. We would like to extend a big "thank you" for Columbia Restaurant's continued support! "We are so thankful to have such a great community partner," reflected Becky Yanni, Council on Aging's Executive Director. "I personally enjoy visiting Columbia, not only because of their great food, but their dedication to our community."

Please be sure to visit this local COA supporter, say thank you, and enjoy some fine dining! Columbia Restaurant is located at 98 St George Street in downtown St Augustine. For more information, call 904-824-3341 or visit their website at [www.columbiarestaurant.com](http://www.columbiarestaurant.com), where you will find their menu, history and more information.



# GHOSTS OF SHERIFFS' PAST

GUEST COLUMN by David B. Shoar, St. Johns County Sheriff



The nation's oldest city and county seat is famous for its ghosts, ghost walks and ghost tours. As we begin a new year, I thought it might be a bit of fun to take a look at some of my more interesting 19th Century predecessors. St. Johns County has had a host of some colorful and controversial chief law enforcement officers.

The first sheriff of what is now St. John's County was James R. Hanham who put on the badge in 1821. His qualifications included a military background from the War of 1812 and he was not elected. Perhaps he complained that there was no civilian law enforcement and he was appointed sheriff by Major General Andrew Jackson who was serving as military Governor of Florida and would eventually become the 7th President of the United States.

The fifth county sheriff has a heritage that is still a part St. Augustine today. His historic home has become a venue for beautiful weddings and other special events. Whether his ghost still resides there is an intriguing thought, but there is no doubt that Sheriff Jose Simeon Sanchez played a significant role in the development of St. Augustine, St. Johns County and Florida.

Sanchez fought in the 2nd Seminole War. Under the guise of a truce the famed Seminole Chief Oseola and his lieutenants were lured to just West of St. Augustine where they were captured

by troops likely including Sanchez. Oseola and his men were locked up at the Castillo de San Marcos. The public uproar regarding the breach of military etiquette apparently did not skew his reputation and Sanchez later became county sheriff. He also served in the first legislature and signed the Florida constitution. He served as sheriff until 1847.

Sanchez was succeeded as county sheriff by the fiery publisher and editor of the East Florida Herald, James Marcus Gould. He was described as being brash and outspokenly belligerent, both in person and in print. He too was elected to the legislature and also held office as Registrar of Public Lands and Justice of the Peace.

Local civil war history involves two sheriffs of the past. William Felix Mickler was sheriff from 1864 to 1865. Earlier he represented the county in the succession convention and voted to withdraw Florida from the Union. He served in the Confederate Army, rising to the rank of Colonel and helped plant mines in the St. John's River as well as fighting in the Battle of Olustee.

A young man who opposed succession from the Union was A.N. Pacetti, a name still found frequently today in St. Johns County. He served as County Sheriff from 1877 to 1881. A sea captain by trade during the early months of the civil war Pacetti volunteered to take others opposed to succession on his boat to

Key West, flying a white flag of truce. Never the less his ship was captured by the Confederates. As he was about to be tried for treason he jumped overboard and made it to land where the next day he had a change of heart and enlisted in the Confederate Navy.

I wonder what the ghosts of these pioneers of law and order in St. Johns County would think if they could see the way our office functions today as one of the most modern and progressive in the State of Florida.

We have a really fascinating section on our website at [www.SJSO.org](http://www.SJSO.org) where you can read a more detailed history of the St. Johns County Sheriff's office. Just click on the "About Us" link at the top of the page and then select the "History" tab. Under the section about 20th Century sheriffs you will find many wonderful stories including how uniforms for deputies came about. It's very interesting.

As always I appreciate your comments and suggestions concerning this column and any county law enforcement issues. Contact me by e-mail at [dshoar@sjsso.org](mailto:dshoar@sjsso.org), or be sure to follow us on our Social Media Platforms, Facebook, Twitter, Instagram, and Next Door. It is our hope from everyone here at your Sheriff's Office that you have a very safe and Happy New Year!



## WISE OLD OWL

Send your question to "Wise Old Owl"  
180 Marine St, St Augustine, FL  
32084 or email us at [wiseoldowl@stjohnscoa.com](mailto:wiseoldowl@stjohnscoa.com).

Dear Wise Old Owl,

*I am an 80 year old woman living alone in my family home. My adult children are questioning whether I would be better off in an assisted living residence. My children live out of state and are worried about my safety living in my home alone. I really want to stay in my home for as long as I possibly can. Do you have any ideas on a compromise?*

*Happy In My Home*

Dear Happy In My Home,

Absolutely!. There are some wonderful programs in your area that help seniors continue to enjoy their independence and cope with everyday living. In fact, Council on Aging (COA) has many connections with these programs.

For example, COA offers Meals On Wheels prepared fresh daily and delivered right to your door, in-home care with a two hour minimum through their Coastal Home Care team, and transportation (both paratransit and public), among many other services. You can call their main phone number which is 904-209-3700, and one of their receptionists will direct you to the person you need.

I would get all the information together on what is offered by Council On Aging and present your ideas to your family, expressing how living on your own makes you happy and gives you a sense of independence that you need at this time in your life. And also let them know that - if and when you, your family and your support team feel it is time - you will be open to the idea of an assisted living residence.

Sincerely, Wise Old Owl

## RIVER HOUSE CLASSES

River House, 179 Marine Street. Hours of operation are from 8:30 a.m. – 4:30 p.m. Monday-Thursday. 8:30 a.m.-12:00 p.m. on Friday. For more information about our various ongoing classes, please visit our website [www.coasjc.org](http://www.coasjc.org) or call River House at 904-209-3655.

### SPECIAL CLASSES & EVENTS

#### NEW CLASS! Musical Theatre

If you love to sing, dance, or act please join us at River House (179 Marine Street) on Thursdays (beginning January 3rd) from 1:45pm-2:45pm for this fun-filled Musical Theatre Class. This season will focus on the Broadway Musical, Anything Goes. No auditions required! Cost is \$4 for members/\$5 for non-members. Please call 904-209-3655 to register.

#### River House Book Club

Join us at River House (179 Marine Street) from 3:00pm-4:00pm, on the 2nd Tuesday of every month. Joining a book club is a great way to be consistent in your reading, delve deeper into books, and make some great friends. This group is complimentary and made possible by the SJC public library book mobile.

January 8th: The Big Burn by Timothy Egan

February 12th: Before We Were Yours by Lisa Wingate

March 12th: Basket Case by Carl Hiaasen

#### Dinner and a Movie

Join moviegoers the third Thursday of each month (1/17/19) at River House (179 Marine Street). The movie begins promptly at 4:30p.m. Cost is \$15 for River House Members and \$20 for Non-members. In addition to dinner, guests will receive a soft drink and popcorn.

Beer and wine available at additional cost. Advanced payment and registration are required. Please call 904-209-3655 to reserve your seat today!

#### Senior Singles Group

Join local seniors for fabulous food and fun conversation the first Tuesday of each month at various restaurants. Please call 904-209-3655 for reservations.

January 8th = The Reef (4100 Coastal Hwy, St Augustine, FL 32084) 11:30am

February 5th = La Cocina (530 A1A Beach Blvd, St Augustine, FL 32080) 11:30am

March 5th = Back 40 (6101 A1A S, St. Augustine, FL 32080) 11:30am

#### NEW SESSIONS! Genealogy

Please join us at River House (179 Marine Street) for a 6-week course to begin the journey into researching your family's history. You will learn the tips and tricks to enable you to navigate the many branches of your family tree. Please call 904-209-3655 for your reservation. Cost is \$30 for River House Members /\$35 for non-members. Classes are held on Tuesdays beginning January 8th (15th, 22nd, 29th, February 5th and 12th) from 2:30pm-3:30pm.

#### Grief Support Group

If you are grieving over the loss of a loved one we welcome you to join our

monthly bereavement group where you can share thoughts, memories, and issues about these special people. This complimentary support group is led by Rhona (Ronnie) Botnick, a Bereavement Counselor with over 25 years of experience. This group meets the third Tuesday of each month (1/15/19) from 10:30am – 12:00pm, at River House (179 Marine Street). Please call 904-209-3655 to join this support group.

#### NEW! Wellness Wednesday Event

Please join us at River House (179 Marine Street) on Wednesday, January 16th & 23rd from 1pm-3pm to learn how to prevent and reverse chronic disease by making the right food choices. During the first session, presenters Bob and Fran German will have a viewing and discussion of the movie What the Health. The next session you will need a notepad for the workshop packed with practical tips and ideas about healthy foods, transitioning to a healthier diet, shopping tips, recipes, and more. Cost is \$3 for members/\$5 for non-members. Seating is limited! Please call 904-209-3655 for your reservation.

#### Art Lecture: Marc Chagall

Please join us at River House (179 Marine Street) on Friday, January 25th from 10am-11am for an art lecture about Modernist Marc Chagall. He is a Russian-French 20th Century artist who is recognized for

whimsical floating figures, color, and the iconic Fiddler on the Roof paintings. Certified art educator, Jean Serusa, will bring you through the sights and sounds in Chagall's world with images of his work, his Paris associations with Matisse and Picasso, and music and dialogue from 'Fiddler,' a popular Broadway musical. Cost is \$3 for River House Members / \$4 for non-members. Please call 904-209-3655 for your reservations.

#### NEW! Greeting Card Creations

Have you ever wanted to learn how to make your own greeting cards? Join us at the River House (179 Marine Street) on Monday, January 28th from 2:30pm-4pm to learn how to make greeting cards for EVERY occasion! You will learn the basic techniques and supplies needed to make your own unique cards. ALL SUPPLIES INCLUDED in the cost of \$12 for members/\$15 for nonmembers. Please call 904-209-3655 for reservations.

#### NEW! German Level 1

Join us at River House (179 Marine Street) to learn the basics of the fascinating language of Germany. This 6-week session with instructor Elke Christiansen begins on Monday, March 4th at 12pm. Cost for the class is \$30 for members / \$35 for non-members. Seating is limited! Please call 904-209-3655 for your reservation.

VISION STATEMENT of ST. JOHNS COUNCIL ON AGING – “To promote the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community.”

#### Tech Tuesdays for iPhone & iPad

Please join us for our Tech Tuesday sessions that focus exclusively on iPhones and iPads with instructor Kai Long. This 7-week course will be held at River House (179 Marine Street) from 1pm-2pm every Tuesday beginning January 15th. You will need to bring your iPhone/iPad with you. Cost for this 7-week course is \$50 for members / \$60 for non-members. For reservations please call 904-209-3655

DATE	TOPIC
January 15th	iPhone/iPad Basics
January 22nd	iPhone/iPad Camera & Photo App
January 29th	iPhone/iPad Editing Photos & Videos
February 5th	Using Maps & GPS
February 12th	Using Contact Folder
February 19th	Using Safari (Search Internet/Bookmarks/Reader View)
February 26th	Using Siri & Ways to Save Battery Life



alzheimer's association

### COMMUNITY CAREGIVING: AN EVENING FOR CAREGIVERS

Join us for an evening of education, companionship and pampering. Connect with helpful local resources.

JAN. 31, 2019

Doors open at 5 p.m.  
Dinner starts at 5:30 p.m.  
Program starts at 6 p.m.

River House  
179 Marine St.  
St. Augustine, Florida

RSVP REQUIRED  
Call 800.272.3900

[alz.org/cnfl](http://alz.org/cnfl)

PRESENTING SPEAKERS

Dr. Otcavio Santos,  
Mayo Clinic

Joseph L. Boles, Jr.,  
Elder Law Attorney

Hosted in partnership with

COA  
Council On Aging

