



# COA MONTHLY UPDATE

January 2023

## PROVIDING EDUCATION & SUPPORT ON YOUR HEALTH JOURNEY

The St. Johns County COA provides education and enrichments for adults. In addition, the COA Center at Flagler Health+ Village 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.

**\*\*\* Please turn page for December program descriptions!\*\*\***

## COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, weekly Caregiver Support Group and Memory Café social gathering. People living with Parkinson &/or their care partner are invited to attend our Parkinson's Support Group/Educational meetings once per month.

**E-mail [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) or call 904-819-3234 for more information or to register.**

## 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](http://www.coasjc.org).



## **TUESDAYS:**

**GRIEF SUPPORT GROUP:** THIS GROUP IS FOR ANYONE DEALING WITH GRIEF FROM ANY KIND OF LOSS AND OFFERS SUPPORT AND VALIDATION BY BEING WITH PEOPLE WHO HAVE EXPERIENCED LOSS. TUESDAY JANUARY 3 FROM 9:30 TO 10:30.

**23 HEALTHY HABITS FOR 2023:** OUR SPEAKER, CARLA DEFURIA, REGISTERED DIETITIAN AND HEALTH COACH AT FLAGLER HEALTH+ VILLAGE AT NOCATEE WILL TELL US HOW TO GET HEALTHY IN THE NEW YEAR. TUESDAY, JANUARY 3 FROM 11:00 TO 12:00.

**CAREGIVER SUPPORT GROUP:** ALL CAREGIVERS ARE WELCOME. MEETS EVERY TUESDAY FROM 1:00 TO 2:00. THERE IS A TRAINED FACILITATOR PRESENT AT EVERY MEETING TO GUIDE THE GROUP.

**HERBOLOGY:** DISCUSSION THIS MONTH WILL BE ON THE HISTORY OF HERBALISM AND HOW TO USE HERBS FOR HEALTH AND WELLNESS. THIS HANDS ON COURSE IS TAUGHT BY JAMES CARUCCI. \$25.00 FOR A FIVE ONE HOUR SESSION. TO REGISTER, VISIT [HTTPS://COASJC.COURSESTORM.COM/CATEGORY/COA-CENTER-AT-NOCALEE](https://coasjc.coursestorm.com/category/coa-center-at-nocatee). EVERY TUESDAY IN JANUARY FROM 3:00 TO 4:00.

**MORNING STRETCH WITH ALISON:** THIS FREE CLASS IS SUITABLE FOR ALL FITNESS AND ABILITY LEVELS. JOIN ALISON VITTI AS SHE LEADS US AS WE STRETCH, FEEL BETTER AND RELAX. TUESDAYS JANUARY 10 & JANUARY 17 FROM 10:00 TO 11:00.

**WIDOWS AND WIDOWERS:** SOCIAL GROUP MEETING THE SECOND AND FOURTH TUESDAY OF EVERY MONTH FROM 11:00 TO 12:30 REGISTER IN ADVANCE FOR ONE OR BOTH TUESDAYS.

**AID & ATTENDANCE VA BENEFIT WITH NAVF:** IF YOU ARE A VETERAN OR WIFE OF A VETERAN DO NOT WAIT UNTIL YOU MAY NEED BENEFITS. FIND OUT WHAT YOU NEED TO KNOW NOW. TUESDAY, JANUARY 17 FROM 11:00 TO 12:00.

**BEGINNING MAH JONGG CLASS:** THESE CLASSES ARE APPROPRIATE FOR BEGINNERS AND THOSE WHO NEED TO REVIEW AND SHARPEN THEIR SKILLS. DEB SCHWARTZ WILL LEAD YOU STEP BY STEP ON HOW TO PLAY AMERICAN MAH JONGG IN FIVE EASY LESSONS, FOR JUST \$25.00. TUESDAY, JANUARY 24 THROUGH FEBRUARY 21 FROM 10:00 TO 12:00.

## **WEDNESDAY:**

**OPEN ART:** BRING YOUR ART OR CRAFT PROJECT TO WORK ON WHILE SOCIALIZING WITH FRIENDS. MEETS EVERY WEDNESDAY FROM 9:30 TO 11:30.

**HOW TO IMPROVE STRENGTH & RESILIENCY AS WE AGE:** DOCTOR MICHAEL DERRY (DOCTOR OF PHYSICAL THERAPY) WILL TELL US HOW TO ADD CAPABILITY AND FUNCTION TO ADD STRONG YEARS TO OUR LIVES. WEDNESDAY, JANUARY 4 FROM 10:00 TO 11:00.

**TAI CHI:** IMPROVE MOOD, INCREASE ENERGY AND STAMINA, IMPROVE FLEXIBILITY, BALANCE AND MUSCLE STRENGTH WITH INSTRUCTOR DENNIS SHEILS. CLASS CAN BE DONE STANDING OR SEATED. WEDNESDAYS, STARTING JANUARY 4 FOR FOUR WEEKS; CLASS TIME 1:30 P.M. COST IS \$25. TO REGISTER, VISIT [HTTPS://COASJC.COURSESTORM.COM/CATEGORY/COA-CENTER-AT-NOCALEE](https://coasjc.coursestorm.com/category/coa-center-at-nocatee).

**PARKINSON'S MEET, GREET & LEARN:** A SPECIAL MEETING FOR PEOPLE LIVING WITH PARKINSON'S DISEASE AND / OR THEIR LOVED ONES. GUEST SPEAKER WILL BE SPEECH PATHOLOGIST, EMILY HERNDON. WEDNESDAY, JANUARY 4 FROM 3:00 TO 4:30.

**MAH JONGG MEET-UP:** OPEN PLAY FOR EXPERIENCED PLAYERS. WEDNESDAYS, JANUARY 4, 11, 25 FROM 1:00 TO 3:00 & JANUARY 18 FROM 3:00 TO 5:00.

**GENEALOGY GROUP:** A GENEALOGY EXPERT WILL GUIDE YOU IN DISCOVERING YOUR ROOTS ON THE THIRD WEDNESDAY OF EACH MONTH. WEDNESDAY, JANUARY 18 FROM 1:00 TO 2:30.

**ASK THE PHARMACIST:** DO YOU HAVE QUESTIONS OR CONCERNS ABOUT THE PRESCRIPTION MEDICATIONS YOU TAKE? RETIRED PHARMACIST RAY LOWE IS HERE TO HELP! CALL TO SCHEDULE A ONE TO ONE APPOINTMENT. WEDNESDAY, JANUARY 11, MORNING APPOINTMENTS AVAILABLE.

**WEALTH TRANSFER PLANNING:** HOW TO STRUCTURE YOUR WEALTH TO EFFICIENTLY TRANSFER TO YOUR HEIRS, PRESENTED BY FINANCIAL ADVISOR SEAN BOWLES. WEDNESDAY, JANUARY 18 FROM 10:00 TO 11:00.

**WHAT HAPPENS IF YOU DIE WITHOUT A WILL?** PRESENTED BY ST. JOHNS COUNTY LEGAL AID MANAGING ATTORNEY MEGAN WALL. WEDNESDAY JANUARY 25 FROM 10:00 TO 11:00.