

# COA CENTER AT UF HEALTH NOCATEE

January 2025



## COA MONTHLY UPDATE

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



SJC COA, Inc.  
Community Care-giving Program

## TUESDAYS:

**Stretch, Strengthen, Move & Groove (No Floor):** Free and easily adapted to your fitness level. Can be done standing or sitting. Every Tuesday from 10:00 to 11:00 a.m.

**Cruising 101:** Join us to hear from an experienced travel specialist, all you need to know about cruising. February 4 from 11:00 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. No instructor will be present. This is a self-directed group. Every Tuesday 1:00 to 4:00 p.m.

**Nutrition Education:** Learn about the links between dietary intake, gut microbiome and cognitive decline from the MiaGB Team at UNF. February 4 from 3:00 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 suggested to receive meeting updates.

**Loving Yourself as You Care for others:** Following the Caregiver Support Group on February 11, there will be a special presentation on how to care and love yourself during family caregiving from 2:45 to 3:45 p.m. You do not have to attend the support group to come to this presentation.

**Rain Garden Design & Plantings:** Designing a rain garden in your home landscape is an excellent way to capture and filter run off, and is beautiful and environmentally friendly. February 18 from 10:30 to 11:30 a.m.

**Stress Relief through Meditation:** Participants will be guided through their unique energy-clearing session. Free Weekly classes beginning February 18 from 3:00 to 3:45.

## WEDNESDAYS:

**Learn to Play Mexican Train:** One of the most popular domino games in the USA. Let our volunteers teach you how to play. February 5 from 10:00 a.m. to Noon.

**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.

**Easy Tai Chi:** This class is for people who have never done Tai Chi, need a refresher or slower detailed training with instructor Dennis Sheils. Wednesdays starting February 5 for four weeks; Class time is 12:30 to 1:30 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. February 5, 12, 26 from 1:00 to 4:00 p.m. & February 19 from 3:00 to 6:00 p.m.

**Advanced Tai Chi:** Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays starting February 5 for four weeks; Class time is 1:30 to 2:30 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. February's topic is Music Therapy. February 5 from 3:00 to 4:30 p.m.

**Exercises for Osteoporosis:** Learn how to exercise safely and build strength with osteoporosis or osteopenia in a presentation by Dr Michael Derry. February 12 from 10:00 to 11:00 a.m.

**iPhone/iPad Class, The iOS Operating System:** Attend to learn useful ways to take advantage of the newest upgrade. February 19 from 10:00 to 11:00. To register visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

**Genealogy Group:** The group meets the 3rd Wednesday of each month. February's topic will be "Sharing Your Memories & Research of One Parent or Grandparent. February 19th from 1:00 to 2:30.

**Exploitation of the Elderly & Disabled:** Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. February 26 from 10:00 to 11:30 a.m.