

# COA CENTER AT UF HEALTH NOCATEE

April 2024

## 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 April 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

## **TUESDAY:**

**Bereavement Support:** Program full - Registration has closed. Ann Martel, MSW, will lead a 4-month, 6-session group study offering education and guidance to people experiencing recent losses of loved ones. Classes meet from 10:30 a.m. to 12 p.m., January 16,, February 6 & 20, March 5 & 19, and April 2.

**Caregiver Support Group:** All caregivers are welcome. The group meets every Tuesday from 1:00 p.m. 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 1:30 p.m. to 4:30 p.m.

**Herbology with Professor James Carucci – Herbs for Respiratory Health:** Learn which herbs will help support respiratory health and how to use them. Leave with a sample you prepare yourself. April 2 from 3:00 to 4:00 p.m. Cost is \$10.00 per class. Sign up at: <https://coajc.coursestorm.com/category/coa-center-at-nocatee>

**Meet with a SHINE Volunteer for Medicare Information:** A trained volunteer will assist you in a one to one meeting to answer any questions and offer assistance. Call to schedule - appointments available on April 9 beginning at 10:00 a.m.

**Widows and Widowers:** Social group meeting the second and fourth Tuesdays of every month from 11:00 a.m. to 12:30 p.m. Register in advance for one or both Tuesdays.

**iPhone/iPad Class Series – Apple Wallet:** April 16 from 3:00 p.m. to 4:00 p.m.

**Set Up Emergency ID:** April 23 from 3:00 p.m. to 4:00 p.m.

Kai Long will teach how to use many features we may not know how to use. Class size is limited. Cost of \$10.00 per class. Sign up at: <https://coajc.coursestorm.com/category/coa-center-at-nocatee>

**Tai Chi for Arthritis** (advance registration required): Free classes presented by Northeast Florida AHEC. Every Tuesday and Thursday April 23 - June 13 from 10:00 a.m. to 11:00 a.m. Space is limited. To register call AHEC at 904-482-0189.

## **WEDNESDAYS:**

**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.

**Mah Jongg Meet-up:** Open play for experienced players. April 3, 10, 24 from 1:00 p.m. to 3:00 p.m. & April 17 from 3:00 p.m. to 5:00 p.m.

**Tai Chi:** Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. All levels welcomed. Wednesdays starting April 3 for four weeks; Class time is 1:00 p.m. Cost is \$25. To register visit <https://coajc.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. April's speaker will be Dr Lucinda Mosher who received her Parkinson's diagnosis in 2018. Dr Mosher is an author, editor, educator, consultant, musician and motivational speaker. Always held the First Wednesday in the Month, April 3 from 3:00 to 4:30 p.m.

**Genealogy Group:** A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. The group will discuss Family Tree Maker & compare other computer programs on April 17 from 1:00 p.m. to 2:30 p.m.

**Simplifying Core Strengthening:** "Practical & easy ways to build core strength in the best years of your life" presented by Dr Michael Derry. April 10 from 10:00 a.m. to 11:00 a.m.

**What Financial Obligations Put Your and Your Loved One's Nest Egg in Danger:** This lecture will cover important information that you need to know to protect yourself and your loved ones. Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. April 24 from 10:00 to 11:00 a.m.

**Caregiver Needs Assessment:** Make an appointment with a Qualified Dementia Care Specialist who will: Set up a time to discuss your situation 1:1; develop an individualized education and needs assessment; support and guide; and empower you to find solutions for those needs. Call to schedule an appointment 904-814-9407.