

# COA CENTER AT UF HEALTH NOCATEE

May 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 May 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:

**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. This series of classes is full.

**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.

**Widows and Widowers:** 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.

**Herbology with Professor James Carucci – Herbal Skincare:** Learn which herbs will help support healthy radiant skin and how to create your own products. Leave with a sample you prepare yourself. May 21 from 10:00 to 11:00 a.m. Cost is \$10.00 per class. Sign up at: <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

**Travel Club:** Join us to discuss future trips and adventures on May 14 from 3:00 p.m. to 4:00 p.m.

## 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.

**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 May 1 beginning at 10:00 a.m.

**Mah Jongg Meet-up:** Open play for experienced players. May 1, 8, 22, and 29 from 1:00 p.m. to 3:00 p.m. & May 15 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 May 1 for five weeks; Class time is 1:00 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. AHEC will be presenting on "Fall Risks and Prevention" as it is related to people living with Parkinson's disease. Always held the First Wednesday in the Month: May 1 from 3:00 to 4:30 p.m.

**Medication Review by Appointment:** Have your prescriptions evaluated by our Pharmacist volunteer. Then meet one to one to discuss the results to relay to your physician. Wednesday mornings by appt.

**Advanced Care Planning:** A comprehensive lecture to explain what it is, reflect on your values and desires, decide and document your preferences and find out what to do next. Presented by Community Hospice on May 15 from 10:00 to 11:00 a.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 May 15 from 1:00 p.m. to 2:30 p.m.

**How to Avoid Becoming a Victim of Predatory Lending:** 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. May 29 from 10:00 to 11:00 a.m.