

# COA CENTER AT UF HEALTH NOCATEE

June 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 June 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** (classes are full): 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.

**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 1:00 p.m. to 4:00 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.

**Intro to Travel Sketching:** Learn to capture special travel memories on paper from St Augustine artist and instructor Rosamond Parrish. Cost is \$10.00 per class. June 18 from 10:00 a.m. to 11:00 p.m. Sign up at: <https://coajc.coursetorm.com/category/coa-center-at-nocatee>

**Herbology with Professor James Carucci – Herbs for Memory, Sleep & Cognition:** Learn which herbs will help improve attention, cognition and promote clarity and how to use them effectively. Leave with a sample you prepare yourself. June 18 from 3:30 p.m. to 4:30 p.m. Cost is \$10.00 per class. Sign up at: <https://coajc.coursetorm.com/category/coa-center-at-nocatee>

**Using iCloud & Security Settings:** Learn how to use these settings on your iPad & iPhone to use strong security methods to protect your information. June 25 from 10:30 a.m. to 11:30 a.m. Cost is \$10.00 per class. Sign up at: <https://coajc.coursetorm.com/category/coa-center-at-nocatee>

**Poisonous Plants of Northeast Florida:** Join us to find out how to identify which plants may be harmful to your family and pets. A FREE presentation by Terra Freeman, Urban & Commercial Horticulture Extension Agent for UF/IFAS Extension St. Johns County. June 25 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.

**Mah Jongg Meet-up:** Open play for experienced players. June 5, 12, 26 from 1:00 p.m. to 3:00 p.m. & June 19 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 June 5 for four weeks; Class time is 1:00 p.m. Cost is \$25. To register visit <https://coajc.coursetorm.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. Scott Kim will be presenting on additional treatment options for advanced Parkinson's disease. Always held the First Wednesday in the Month: June 5 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 appointment.

**Informed Eating for Optimal Health & Longevity:** A FREE presentation by Jennifer Wickliffe, MPH, CPH on how healthy eating can assist in brain health. June 12 from 10:00 a.m. 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 researching military records including Fold3 on June 19 from 1:00 p.m. to 2:30 p.m. No cost to attend.

**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 a free appointment 904-814-9407 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com).