

COA CENTER AT UF HEALTH NOCATEE

August 2024



COA MONTHLY UPDATE

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 August 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 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.



SJC COA, Inc.
Community Care-giving Program

TUESDAY:

Beading Bracelets for Fun & Fashion: This free one-time event will be led by volunteer instructors. Bring your own beads or use ours. August 6 from 10:00 to 11:30 a.m. Participants must register in advance.

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.

Yoga for Mental Health: Yoga 4 Change will offer 2 Free Classes in August based on evidence based trauma informed studies. All level are invited to join. Advanced registration is required. August 6 & August 20 from 2:30 to 3:30 p.m.

COA Transportation Services: Do you need rides to medical appointments, to senior centers, group trips or rides to the airport? Our team is here to provide comfortable and professional assistance. August 13 from 10:00 to 11:00 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. Some meetings may take place outside the COA.

Florida Friendly Lawn Care: Learn how to care for your lawn using University of Florida researched based information on mowing, irrigation and fertilizing to promote a healthy, vibrant, and water efficient landscape. A FREE presentation by Terra Freeman, Urban & Commercial Horticulture Extension Agent for UF/IFAS Extension St. Johns County. August 20 from 10:30 a.m. to 11:30 a.m.

Exercise, Stretch, Move & Groove (No Floor): Free and easily adapted to your fitness level. Can be done standing or sitting. August 27 from 10:00 to 11:00 a.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. August 7, 14, 28 from 1:00 p.m. to 3:00 p.m. & August 21 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 August 7 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. August presentation by Tarsha Davis of Acadia Pharmaceuticals will be reviewing and discussing treatment of non-motor symptoms of Parkinson's disease. August 7 from 3:00 to 4:30 p.m.

Feed Your Lifelong Learning Desire: Representative from Osher Lifelong Learning Institute will be here to share their experience with UNF's programs offered for people aged 50+. August 14 from 10:00 to 11:00 a.m.

Communicating w/ Impaired People: Communicating with people who are visual or hearing impaired, or have dementia presents challenges. Community Hospice & Palliative Care will be here to offer practical tips. August 21 from 10:30 to 11:30 a.m.

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. August 21 from 1:00 p.m. to 2:30 p.m. No cost to attend.

Is Probate a Dirty Word? What is it? Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. August 28 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 a free appointment 904-814-9407 or email pbrunell@stjohnscoa.com.