

COA CENTER AT UF HEALTH NOCATEE

September 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 September 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

TUESDAYS:

Exercise, Stretch, Move & Groove (No Floor): Free and easily adapted to your fitness level. Can be done standing or sitting. September 3, 17, and 24 from 10:00 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.

Using iCloud & Security Settings: Learn how to use these settings on your iPad & iPhone to use strong security methods to protect your information. September 3 from 3:30 p.m. to 4:30 p.m. Cost is \$10.00 per class. Sign up at: <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

Bereavement Sessions 1 & 2: Experiencing grief due to the death of a loved one? Six sessions starting September 10th and ending November 19th. Preregistration required because space is limited. Registration closes on August 27.

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.

Introduction to Meditation: In this 4 day workshop you will gain a firm understanding of meditation and how to develop a personal practice. Instructor Anne Pogue is a holistic educator. Four one hour classes, September 10, 17 and October 1 & 8 for \$25. To register visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

Decluttering for Seniors: Learn to simplify your space to simplify your life from this FREE presentation by Global Real Estate Advisor, Angel Cutshall. September 17 from 10:30 a.m. to 11:30 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.

Stronger for Longer: Maintaining strength & mobility at any age is a free presentation by Dr. Michael Derry a local doctor of physical therapy. September 4 from 10:30 a.m. to 11:30 a.m.

Mah Jongg Meet-up: Open play for experienced players. September 4, 11, 25 from 1:00 p.m. to 3:00 p.m. & September 18 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 September 4 for four weeks; Class time is 1:00 p.m. Cost is \$25. To register visit <https://coasjc.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. September's presentation by Angela Wlodarz of Supernus Pharmaceuticals will discuss treatments for acute episodes & rescue medications. September 4 from 3:00 to 4:30 p.m.

Scams & Fraud Protection: A special presentation by St. Johns County Sheriff's Office. September 11 from 10:00 to 11:00 a.m.

How to Navigate Food Choice after a Prediabetes or Type II Diabetes Diagnosis: A free presentation by Jennifer Wickliffe, MPH, CPH. September 18 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. September 18 from 1:00 p.m. to 2:30 p.m. No cost to attend.

Spouse in a Nursing Home? Do I Have to go Broke? Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. September 25 from 10:00 a.m. to 11:00 a.m.