

COA CENTER AT UF HEALTH NOCATEE

October 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 October 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:

Stretch, Strengthen, Move & Groove (No Floor): Free and easily adapted to your fitness level. Can be done standing or sitting. October 1, 15, & 22 from 10:00 to 11:00 a.m.

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

Introduction to Meditation: This session is full. 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 1 hour classes, last two sessions on October 1 & 8 from 3:00 to 4:00. Registration closed.

Bereavement Sessions 3 & 4: These sessions are closed. Experiencing grief due to the death of a loved one? October 8 & 29 from 10:30 a.m. to noon. Registration has closed for this six week series.

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.

How to Age in Place: Learn how to plan ahead. Presented by Global Real Estate Advisor, Angel Cutshall. October 15 from 3:00 to 4:00 p.m.

iPhone/iPad Class - iOS 18 Operating System: Almost every app has upgrades that will change the ways you use your device. October 29 from 10:30 to 11:30 a.m. Cost is \$10.00 per class. Sign up at:

<https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

Right Plant, Right Place: One of the nine Florida Friendly Landscape Principles, presented by Terra Freeman, Urban & Commercial Horticulture Extension Agent for UF/IFAS Extension St. Johns County.

October 29 from 3:00 p.m. to 4:00 p.m. FREE

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.

Appointments with a SHINE Representative: Do you need assistance or have questions about Medicare enrollment. Call us to schedule a free, unbiased and confidential appointment with a SHINE volunteer.

Morning appointments available on October 2 starting at 10:00.

Mah Jongg Meet-up: Open play for experienced players. October 2, 9, 23, & 30 from 1:00 to 3:00 p.m. & October 16 from 3:00 to 5:00 p.m.

Beginners Tai Chi: By popular demand this class is for people who have never done Tai Chi, need a refresher or slower detailed training with instructor Dennis Sheils. Wednesdays starting October 2 for five weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit

<https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

Advanced Tai Chi: Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays starting October 2 for five weeks; Class time is 1:30 to 2:30 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. October's meeting will be a panel discussion on Continuum of Care lead by Morgan Brown.

October 2 from 3:00 to 4:30 p.m.

IMEP (Integrated Memory Enhancement Program) Presentation: Attend to find out about the Council on Aging's IMEP program which is a dynamic, innovative response to memory loss offered at several locations.

October 9 from 10:00 to 11:00 a.m.

Retirement - Making Your Money Last: A free presentation by Kevin & Jamie Hartfield, CFP, CRPC. October 9 from 3:00 to 4:00 p.m.

Vaccine Education: Join to learn about vaccine safety and recommended schedules. Vaccines will be available but you must reserve yours in advance. October 16 from 9:30 to 11:30 a.m. Preregistration is REQUIRED.

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. October 16 from 1:00 to 2:30 p.m. No cost to attend.

Should You Ever Put Someone Else's Name on Your Deed? Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. October 23 from 10:00 to 11:30 a.m. Free lecture series.

Is Your Vision Cloudy? Let's Clear Things Up: Donald A. Barnhorst Jr., MD will provide an overview of cataracts, including causes, symptoms, and treatment options. October 30 from 3:00 to 4:00 p.m.