

COA CENTER AT UF HEALTH NOCATEE

November 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 November 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:

Bereavement Sessions 5 & 6: Session is full. Experiencing grief due to the death of a loved one? November 5 & 19 from 10:30 a.m. to noon. Registration has closed for this six week series.

Sound Bowl Meditation: Join us for a FREE session sponsored by River Garden Hebrew House. Advanced registration is required. Space is limited. November 5 from 11:00 a.m. to noon.

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 p.m.

Stretch, Strengthen, Move & Groove (No Floor): Free and easily adapted to your fitness level. Can be done standing or sitting. Space is limit. Please let us know the day before each class if you will be attending. November 12, 19, & 26 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. One time registration to join the group is suggested, for meeting updates.

WEDNESDAYS:

AARP Safe Driver Course: This two day program requires pre-registration and has a small fee of \$20 for AARP members and \$25 for non-members, that is paid to the instructor directly unless have proof of a United Healthcare Supplement plan. Both classes are required to receive a certificate toward possible insurance discounts. November 6 & 13 from 9:00 a.m. to noon.

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.

Learn to Make Your Own Beads: Workshop is free but pre-registration is required. Space and supplies are limited. November 6 from 10:00 to noon.

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 November 6 for four weeks; Class time is 12:30 to 1:30 p.m. Cost is \$25. To register visit <https://coajc.coursetorm.com/category/coa-center-at-nocatee>

Mah Jongg Meet-up: Open play for experienced players. November 6, 13, 27 from 1:00 to 4:00 p.m. & November 20 from 3:00 to 6:00 p.m.

Advanced Tai Chi: Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays starting November 6 for four weeks; Class time is 1:30 to 2:30 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. November's topic will be Parkinson's disease: Past, Present & Future presented by Phillip Tipton, MD. November 6 from 3:00 to 4:30 p.m.

Parkinson's Group Exercise: Class is taught by Dr Amy Oliver, PT specifically for people living with Parkinson's. Call to schedule an evaluation in advance, if you have not already done so. November 6 & 20 at 4:00.

Long Term Care Insurance, Is It Right for You? Attend to find out the new plan options presented by Peachie Thompson. November 13 from 3:00 to 4:00 p.m.

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. November 20 from 1:00 to 2:30 p.m. No cost to attend.

How to Handle Your Kids on Legal Issues: Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. November 20 from 10:00 to 11:30 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 on Tuesday or Wednesday, 904-814-9407 or email pbrunell@stjohnscoa.com.