



COA MONTHLY UPDATE

November 2023

PROVIDING EDUCATION & SUPPORT ON YOUR HEALTH JOURNEY

The St. Johns County COA provides education and enrichments for adults. In addition, the COA Center at Flagler Health+ Village 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 904-819-3234 for more information or to register. To schedule a caregiver needs assessment call 904-814-9407.

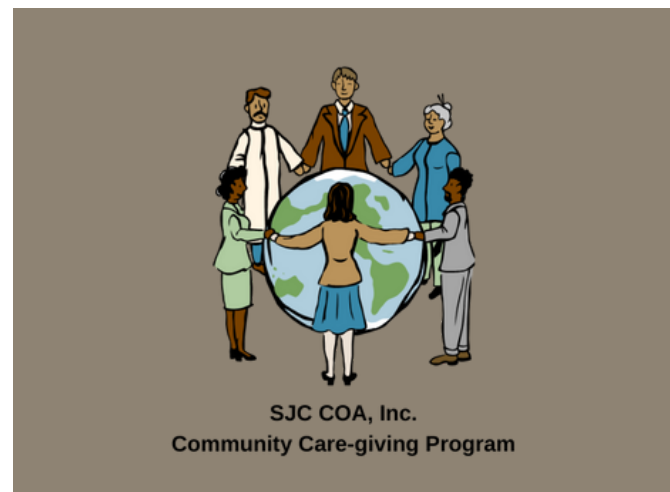
DID YOU KNOW?

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.



Tuesdays

A Matter of Balance: An award winning program designed to manage falls and increase activity levels. Provided by Northeast Florida AHEC. Meets Tuesdays & Thursdays for 4 weeks beginning October 24 & ending November 21 from 9:30 a.m. to 11:30 a.m. This class is full.

Bereavement Support Group: This group is for anyone dealing with grief from the loss of a loved one. Ann Martel, MSW facilitates these meetings. Meets Tuesday November 7 & 21 from 10:30 a.m. to 12:00 p.m. Advanced registration is required.

Caregiver Support Group: All caregivers are welcome. Meets every Tuesday from 1:00 p.m. to 2:00 p.m. There is a trained facilitator present at every meeting to guide the group.

Learn to Play Mah Jongg: Deb Swartz will teach American Mah Jongg. Participants will learn tile recognition, strategies and rules of the game. 6 Tuesday classes October 3 to November 14 from 1:00 p.m. to 3:30 p.m. Class is full.

Widows and Widowers: Social group meeting the second and fourth Tuesday of every month from 11:00 a.m. to 12:30 p.m. Register in advance for one or both Tuesdays.

iPhone/iPad Class series:

Learn How to Use Digital Wallet: Kai Long will teach how to store tickets & other documents and be able to pay with a tap of your phone. Tuesday November 7 from 3:30 to 4:30 p.m.

Learn How to Customize & Use the Control Center on Both Devices: Learn how to quickly use your device to access your favorite apps. Tuesday November 28 from 3:30 to 4:30 p.m.

Class size is limited. Cost of \$10.00 per class. Sign up for one or both iPhone/iPad classes at:
<https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

WEDNESDAY:

Open Art: Bring your art or craft project to work on while socializing with new and current friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.m.

Is Probate a Dirty Word? What is it?: Presentation by Megan Wall, Managing Attorney from St. Johns Legal Aid will explain what you need to know to protect your family. Wednesday November 15 from 10:00 a.m. to 11:00 a.m.

Medication Review: Do you have questions or concerns about the prescription medications you take? Retired pharmacist Ray Lowe is here to help! Call or email to schedule a free one to one appointment. Wednesday morning appointments available. Call 904-814-9407 to schedule.

Mah Jongg Meet-up: Open play for experienced players. Wednesdays November 1, 8, 22, 29 from 1:00 p.m. to 3:00 p.m. & November 15 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 November 1 for four weeks; Class time 1:00 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 partners. November's special guest is Greg Ritscher, Executive Director of JAX Hope. First Wednesday in the Month, November 1 from 3:00 p.m. to 4:30 p.m.

Meet with a SHINE Volunteer for Individual Medicare Appointments.: Have questions or need help with signing up or changing Medicare plans. Call or email to set up your individual appointment for Thursday November 2 or Wednesday November 22 between 10:00 to 12:30

St. Johns County Public Library Presentation: Community Outreach Director Alex Barr will be presenting on all the resources available from the library and what is new with the library. Wednesday November 8 from 10:00 a.m. to 11:00 a.m.

Preparing For the 2024 Election: Join us as we learn what's new from Vicky Oaks, Supervisor of Elections St. Johns County. Register to vote or sign up for vote by mail. Wednesday November 8 from 3:00 to 4:40 p.m.

Genealogy Group: A genealogy expert will guide you in discovering and finding your ancestors on the third Wednesday of each month. Wednesday November 15 from 1:00 p.m. to 2:30 p.m.

How to Handle Your Kids on Legal Issues: Presentation by Megan Wall, Managing Attorney from St. Johns Legal Aid will explain what you need to know to protect your family. Wednesday November 15 from 10:00 a.m. to 11:00 a.m.