

COA CENTER AT UF HEALTH NOCATEE

December 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 December 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. Space is limited. Please let us know the day before each class if you will be attending. December 3, 10, 17 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 p.m.

Widows and Widowers: Social group meeting the second and fourth Tuesdays of every month. There will be no regular meeting in December. Please email or call to get information on the Holiday Social Event. One time registration to join the group is suggested, for meeting updates.

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.

Holiday BINGO: Free to play but advanced registration is required. December 4 from 11:00 a.m. 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 December 4 for three weeks; Class time is 12:30 to 1:30 p.m. Cost is \$20. To register visit <https://coajc.coursestorm.com/category/coa-center-at-nocatee>

Mah Jongg Meet-up: Open play for experienced players. December 4 & 11 from 1:00 to 4:00 p.m. & December 18 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 December 4 for three weeks; Class time is 1:30 to 2:30 p.m. Cost is \$20. To register visit <https://coajc.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. Special Holiday meeting on December 4 from 3:00 to 4:00 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. December 4 at 4:00 & December 18 at 3:00 p.m.

Holiday Party for Open Art, Mah Jongg & Card Groups: December 11 at 10:00. You must preregister to attend. Each participant is bringing a small dish to share.

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. December 18 from 1:00 to 2:30 p.m. No cost to attend.

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.