

# Clubs and Meetings at COA at Nocatee

What are you interested in? Please keep reading for updated interest groups at Flagler Health+ Village at Nocatee. Anyone age 18+ years of age is welcome to attend. Please register in advance by calling 904-814-9407 or via email to pbrunell@stjohnscoa.com.

## Tuesdays

**Bereavement Support Group:** A place for anyone who has a recent loss of a loved one to attend to receive emotional support and guidance. Ann Martel, MSW facilitates and has 40+ years experience delivering licensed behavior health and counseling service to adults. Schedule varies so please refer to the current calendar and register in advance.

**Widows and Widowers:** A social group meeting the 2nd and 4th Tuesday of every month from 11:00 a.m. to 12:30 p.m.

**Caregiver Support Group:** A weekly meeting for caregivers to discuss current issues and offer support. This group meets every Tuesday from 1:00 to 2:30 p.m. and is led by a trained facilitator.

**Travel Club:** Meets on January 23 at 3:30, May 14th, and September 10th at 2:30 p.m. Available trips will be discussed.

## Wednesdays

**Open Art:** Bring your art or craft project and work on it with friends. Get new ideas and socialize with like-minded people. This group meets every Wednesday from 9:30 to 11:30 a.m.

**Parkinson's Meet, Greet & Learn:** On the first Wednesday of each month person's living with Parkinson's and/or their care partners are welcome to join us from 3:00 to 4:30 p.m. Each month we have special speakers, resources and socialization.

**Mah Jongg Meetup:** Play with experienced players from 1:00 to 3:00 p.m. every Wednesday, except the 3rd Wednesday of the month with meets from 3:00 to 5:00 p.m.

**Genealogy Group:** Meets on the 3rd Wednesday of each month from 1:00 to 2:30 p.m.. All level of genealogy interest are welcome to attend. This group is lead by a genealogy expert Jan Micklos.

