

# April 2023

COA Center at Flagler Health+ Village at Nocatee

## Tuesday

## Wednesday

## Thursday

<p><b>4</b> 10:00 Arthritis Foundation Exercise classes ( 8 week Class - Early sign up required) 10:30 Grief Support Group (1.5) 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>5</b> 9:30 Open Art (2 hrs) 10:00 Medication review by appointment 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* <b>3:00 Parkinson's Meet, Greet &amp; Learn- Group exercise class featuring PWR with Melanie</b></p>	<p><b>6</b> 10:00 Arthritis Foundation Exercise classes (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment by appointment</p>
<p><b>11</b> 10:00 Arthritis Foundation Exercise classes (Early sign up req) 11:00 Widows &amp; Widowers 11:30 Caregiver Lunch &amp; Learn w/ Brooks 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>12</b> 9:30 Open Art (2hrs) 10:00 Caregiver needs assessment by appointment 10:30 Medication review by appointment 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</p>	<p><b>13</b> 10:00 Arthritis Foundation Exercise classes (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment by appointment</p>
<p><b>18</b> 10:00 Arthritis Foundation Exercise classes (Early sign up req) 10:30 Grief Support Group (1.5) 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>19</b> 9:30 Open Art (2 hrs) <b>10:00 Downsizing Basics</b> 1:00 Genealogy (3<sup>rd</sup> Wed) (1.5) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p><b>20</b> 10:00 Arthritis Foundation Exercise classes (Early sign up required) 11:30 Caregiver Needs Assessment by appointment</p>
<p><b>25</b> 10:00 Arthritis Foundation Exercise classes (Early sign up req) 11:00 Widows &amp; Widowers 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p><b>26</b> 9:30 Open Art (2 hrs) <b>10:00 Rights of a Debtor (Megan Wall)</b> 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* <b>3:00 Summer Nutrition &amp; Hydration (Carla Powell)</b></p>	<p><b>27</b> 10:00 Arthritis Foundation Exercise classes (Early sign up required) 11:30 Caregiver Needs Assessment by appointment</p>
	<p>To schedule a one to one <b>"Caregiver Needs Assessment"</b> or To schedule a one to one <b>"Medication Review"</b> appointment please call 904-814-9407</p>	

Schedule is subject to change. Advanced registration is required. All events last for an hours unless otherwise noted. Please call 904-819-3234 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with \* please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-noctee>

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