



**April 2024**

**Tuesday**

**Wednesday**

<p><b>2</b>          10:30 Bereavement Support Group – prior registration required for this 4 month closed session (1.5hrs)          1:00 Caregiver Support Group (1.5hrs)          1:30 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments  <b>3:00 Herbology -Herbs for Respiratory Health*</b></p>	<p><b>3</b>          9:30 Open Art (2hrs)          10:00 Caregiver Needs Assessment          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*  <b>3:00 Parkinson’s Meet, Greet &amp; Learn – Motivational- Lincinda Mosher(1.5)</b>          4:30 Caregiver Needs Assessment</p>
<p><b>9</b>  <b>10:00 Meet with Shine (Medicare) by Appt</b>          11:00 Widows &amp; Widowers (1.5hrs)          1:00 Caregiver Support Group (1.5hrs)          1:30 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>10</b>          9:30 Open Art (2 hrs)  <b>10:00 Simplifying Core Strengthening – Dr Derry</b>          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment</p>
<p><b>16</b>          9:00 – 11:00 Caregiver Needs Assessments          1:00 Caregiver Support Group (1.5hrs)          1:30 Open Card Play (3hrs)  <b>3:00 iPhone/iPad – Apple Wallet*</b>          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>17</b>          9:30 Open Art (2hrs)          10:00 Medication Review by Appt          1:00 Genealogy (3<sup>rd</sup> Wed) (1.5 hs)          1:00 Tai Chi*          3:00 Mah Jongg Meet Up (2 hrs)</p>
<p><b>23</b>  <b>10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13 – Thursdays also</b>          11:00 Widows &amp; Widowers (1.5hrs)          1:00 Caregiver Support Group (1.5hrs)          1:30 Open Card Play (3hrs)  <b>3:00 iPhone- Set Up Emergency ID *</b>          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>24</b>          9:30 Open Art (2hrs)  <b>10:00 What Financial Obligations Put Your Loved Ones Nest Egg In Danger w/ Attny Megan Wall</b>          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*</p>
<p><b>30</b>  <b>10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13 – Thursdays also</b>          1:00 Caregiver Support Group (1.5)          1:30 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p>To schedule a one to one  <b>“Caregiver Needs Assessment”</b>          or  <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 hour unless otherwise noted. Please call (904) 819-3234 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with an \* there is a small fee. Please register at <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>