



April 2025

Tuesday

Wednesday

<p>1 10:00 Stretch, Strengthen, Move & Groove 11:00 Self Defense Basics for Women 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Meditation</p>	<p>2 9:30 Open Art (2 hrs) 10:30 Fall Prevention 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn</p>
<p>8 10:00 Stretch, Strengthen, Move & Groove 11:00 Self Defense Basics for Women 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Meditation</p>	<p>9 9:30 Open Art (2hrs) 10:30 Food Forest (Fruit Gardening) 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet-up (3hrs) 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>15 10:00 Stretch, Strengthen, Move & Groove 11:00 Self Defense Basics for Women 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Meditation</p>	<p>16 9:30 Open Art (2hrs) 10:30 Senior Living Options-Home Care or AL 12:30 Easy Tai Chi* 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:30 Advanced Tai Chi* 3:00 Mah Jongg Meet Up</p>
<p>22 10:00 Stretch, Strengthen, Move & Groove 11:00 Self Defense Basics for Women 11:00 Widows & Widowers outing (1.5hrs) 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Meditation</p>	<p>23 9:30 Open Art (2hrs) 10:00 What Financial Obligations Put You or Your Loved Ones Nest Egg in Danger– Attorney Wall 12:30 Easy Tai Chi 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi*</p>
<p>29 10:00 Stretch, Strengthen, Move & Groove 11:00 Self Defense Basics for Women 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Meditation</p>	<p>30 9:30 Open Art (2hrs) 10:30 Dealing with Dementia 12:30 Easy Tai Chi 1:00 Mah Jongg Meet-up (3hrs) 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</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 to register. For classes marked with an * there is a small fee. Please register at <https://coasic.coursetorm.com/category/coa-center-at-nocatee>.

To schedule a one to one “Caregiver Needs Assessment” call 904-814-9407