

August 2022

COA Center at Flagler Health+ at Nocatee

Tuesday

Wednesday

<p>2 9:30-11:30 Let's talk about grief 1:00 Caregiver Support Group 2:00 The Mind Diet (Mediterranean & Dash)</p>	<p>3 9:30-11:30 Open Art 11:00 Caregivers & Recipient Café 1:00-3:00 Mah Jongg Meet Up 1:30 Tai Chi* 3:00 Parkinson's meet, greet and learn</p>
<p>9 9:30-10:30 Let's talk about grief 11:00-12:30 Widows & Widowers 1:00 Caregiver Support Group 2:00 Caregiver Needs Assessment</p>	<p>10 9:30-11:30 Open Art 10:00 Medicare Basics with Shine 11:00 Caregivers & Recipient Café 1:00-3:00 Mah Jongg Meet Up 1:30 Tai Chi*</p>
<p>16 1:00 Caregiver Support Group</p>	<p>17 9:30-11:30 Open Art 10:00 Is probate a dirty word? What is it? 11:00 Caregivers & Recipient Café 1:00-2:30 Genealogy (3rd Wed) 1:30 Tai Chi* 3:00-5:00 Mah Jongg Meet Up</p>
<p>23 11:00-12:30 Widows & Widowers 1:00 Caregiver Support Group 2:00 Caring for the Caregiver-(Community Hospice)</p>	<p>24 9:30-11:30 Open Art 10:00 CPR for Caregivers 11:00 Caregivers & Recipient Café 1:00-3:00 Mah Jongg Meet Up 1:30 Tai Chi*</p>
<p>30 1:00 Caregiver Support Group 2:00 Community Care Giving Discussion – How the COA can help you 2:30 Caregiver Needs Assessment</p>	<p>31 9:30-11:30 Open Art 10:00 Caregiver Needs Assessment 11:00 Caregivers & Recipient Café 1:00-3:00 Mah Jongg Meet Up 1:30 Tai Chi*</p>

Schedule is subject to change. Advanced registration is required. All events last for one hour unless otherwise noted. Please call 904-819-3234 or email pbrunell@stjohnscoa.com to register for Tuesday and Wednesday programs. For classes marked with * please register at: <http://coasjc.coursetorm.com/catagory/coa-center-at-noctee>. IMEP hours are 9:00 to 3:00 on Thursdays. For information on IMEP or to register call Catherine Tupper at 904-729-9535 or ctupper@coassjc.org. Office Hours are 9:00 a.m. to 3:00 p.m. Tuesday, Wednesday and Thursday.