

December 2022

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

<p>6 10:00-12:00 Mosaic Holiday Art Class 10:30 Essential Tremors Meet Greet & Educate – Guest Speaker Coastal Research 1:00 Caregiver Support Group 3:00 Holiday Herbal Crafts: Oils, Vinegars, Ciders & Spirits*</p>	<p>7 9:30-11:30 Open Art 10:00 Hope For The Holidays w/ Community Hospice 1:00-3:00 Mah Jongg Meet Up 1:30 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn w/ Dr Tipton from MAYO</p>
<p>13 9:30 Grief Support Group 11:00 Widows & Widowers Holiday Party (must reserve your spot in advance) 1:00 Caregiver Support Group 2:00 Foods That Fight Inflammation</p>	<p>14 9:30-11:30 Open Art 10:00 Canasta Open Play 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</p>
<p>20 10:00 Caregiver Needs Assessment 1:00 Caregiver Support Group 2:00 Holiday BINGO</p>	<p>21 9:30 Open Art 1:00-2:30 Genealogy (3rd Wed) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>
<p>27 9:30 Grief Support group 11:00 Widows & Widowers 1:00 Caregiver Support Group 2:00 Caregiver Needs Assessment</p>	<p>28 9:30 Open Art 10:00 Ask the Pharmacist 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</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 to register. For classes marked with * please register at: <http://coasjc.coursetstorm.com/catagory/coa-center-at-noctee>