

December 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

<p>5 10:30 Bereavement Support Group – registration required (1.5 hrs) 1:00 Caregiver Support Group 1:30 iPhone/ iPad Class*</p>	<p>6 9:30 Open Art (2hrs) 10:00 Medication review (1 to 1) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn - Holiday Social (1.5 hrs)</p>	<p>7 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>12 10:00 Latest Advances in Cataract Surgery (Dr Koike) 11:00 Widows & Widowers (1.5) 1:00 Caregiver Support Group 3:30 Herbal Skin Care*</p>	<p>13 9:30 Open Art (2hrs) 10:00 Medication Review 10:00 Holiday BINGO 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>14 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>19 10:30 Bereavement Support Group – registration required (1.5 hrs) 1:00 Caregiver Support Group 1:30 iPhone/iPad class*</p>	<p>20 9:30 Open Art (2 hrs) 10:00 Medication Review 1:00 Genealogy (3rd Wed) (1.5 hrs) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p>21 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>26 11:00 Widows & Widowers (1.5) 1:00 Caregiver Support Group</p>	<p>27 9:30 Open Art (2hrs) 10:00 Medication Review 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>28 9:30 to 4:30 Caregiver Needs Assessments by Appointment</p>
<p>To schedule a one to one “Caregiver Needs Assessment” or “Medication Review” 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 to register. For classes marked with * there is a small fee. Please register at: <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>