



December 2024

Tuesday

Wednesday

<p>3 10:00 Stretch, Strengthen, Move & Groove 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>4 9:30 Open Art (2hrs) 11:00 Holiday BINGO 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 – Social 4:00 Parkinson’s Exercise</p>
<p>10 10:00 Stretch, Strengthen, Move & Groove 12:00 Caregiver Party 12:00 Widows & Widowers Party - RSVP 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>11 9:30 Open Art (2 hrs) 10:00 Holiday Party Art, Mah Jongg, Card Group 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi* 1:00 Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment</p>
<p>17 10:00 Stretch, Strengthen, Move & Groove 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments</p>	<p>18 9:30 Open Art (2hrs) 1:00 Genealogy (3rd Wed) (1.5 hrs) 12:30 Easy Tai Chi* 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 3:00 Mah Jongg Meet-up (2hrs) 3:00 Parkinson’s Exercise</p>
<p>24 Closed for the Holidays</p>	<p>25 Closed for the Holidays</p>
<p>31 Closed for the Holiday</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://coasjc.coursetorm.com/category/coa-center-at-nocatee>.

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