

February 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

	<p>1 9:30 Open Art (2 hrs) 10:30 Grief Support Group (1.5) 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* 3:00 Parkinson's Meet, Greet & Learn- Guest Dr Prosje (NeuroBehavioural Specialist)</p>
<p>7 10:00 Beginning Mah Jongg Class (2 hrs) * 11:00 Caregiver Needs Assessment 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p>8 9:30 Open Art (2hrs) 10:00 Ask the pharmacist (by appointment) 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi*</p>
<p>14 10:00 Beginning Mah Jongg Class (2 hrs) * 11:00 How When to Seek Physical Therapy (Brandi Renfro) 11:00 Widows & Widowers (Valentine Party- rsvp required) 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p>15 9:30 Open Art (2 hrs) 10:30 Grief Support Group (1.5) 1:00 Genealogy (3rd Wed) (1.5) 1:30 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>
<p>21 10:00 Beginning Mah Jongg Class (2 hrs) * 11:00 Caregiver Needs Assessment 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p>22 9:30 Open Art (2 hrs) 10:00 Exploitation of the Elderly & Disabled (Megan Wall) 1:00 Mah Jongg Meet Up (2 hrs) 1:30 Tai Chi* 3:00 Guide to Plant Based Diet (Carla)</p>
<p>28 9:30 Virtual Dementia Tour (By Appointment) 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:00 Herbology *</p>	<p>Caregiver needs assessment appointments can be made on Tuesdays, Wednesdays and Thursdays by appointment by calling 904-814-9407 or by email pbrunell@stjohnscoa.com</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.coursetorm.com/catagory/coa-center-at-noctee>

COA Center at Flagler Health+ Village at Nocatee, 351 Town Plaza Ave. Ste. 205, Ponte Vedra, FL 32081