

February 2024

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

<p>To schedule a one to one “Caregiver Needs Assessment” or “Medication Review” appointment please call 904-814-9407</p>		<p>1 9:30 to 5:00 Caregiver Needs Assessments by Appointment</p>
<p>6 10:00 Savvy Caregiver – must preregister (Jan 9 – Feb 13) 10:30 Bereavement Support Group – prior registration required for this 4 month closed session (1.5hrs) 1:00 Caregiver Support Group 1:30 iPhone Class - Notes *</p>	<p>7 9:30 Open Art (2hrs) 10:00 Are You Ready to Vote? St. John County Rep is here to help! 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn – Encompass Health (1.5 hrs)</p>	<p>8 9:30 to 5:00 Caregiver Needs Assessments by Appointment</p>
<p>13 10:00 Savvy Caregiver – must preregister (Jan 9-Feb 13) 11:00 Widows & Widowers (1.5 hrs) 1:00 Caregiver Support Group 2:30 Proper Pruning Techniques – Terra Freeman</p>	<p>14 9:30 Open Art (2 hrs) 10:00 2024 Veteran Benefits w/ Bubba Schlader 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>15 9:30 to 5:00 Caregiver Needs Assessments by Appointment</p>
<p>20 10:30 Bereavement Support Group – registration required for this 4 month closed session (1.5 hrs) 1:00 Caregiver Support Group 3:00 Herbology – Herbs for Digestion *</p>	<p>21 9:30 Open Art (2hrs) 10:00 Exploitation of the Elderly & Disabled- Attny Megan Wall 1:00 Genealogy (3rd Wed) (1.5 hs) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs)</p>	<p>22 9:30 to 5:00 Caregiver Needs Assessments by Appointment</p>
<p>27 9:00 to 4:00 AARP Driver Safety Refresher Course- sign up required * 11:00 Widows & Widowers 1:00 Caregiver Support Group 2:00 Fall Prevention for Caregivers by AHEC</p>	<p>28 9:30 Open Art (2hrs) 10:00 Hospice Myths & Facts (Community Hospice) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi*</p>	<p>29 9:30 to 5:00 Caregiver Needs Assessments by Appointment</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.coursetorm.com/category/coa-center-at-nocatee>

COA Center at Flagler Health+ Village at Nocatee, 351 Town Plaza Ave. Ste. 205, Ponte Vedra, FL 32081
904-819-3234