



February 2025

Tuesday

Wednesday

<p>4 10:00 Stretch, Strengthen, Move & Groove 11:00 Cruising 101 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Nutrition Education – Mind Diet & Microbiome Research Link to Cognition</p>	<p>5 9:30 Open Art (2 hrs) 10:00 Learn to play Mexican Train 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 - Music Therapy</p>
<p>11 10:00 Stretch, Strengthen, Move & Groove 11:00 Widows & Widowers (1.5hrs) 1:00 Caregiver Support Group (1.5hrs) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 2:45 Loving Yourself as You Care for Others</p>	<p>12 9:30 Open Art (2hrs) 10:00 Exercises For Osteoporosis to Safely Build Strength and Improve Bone Health 12:30 Easy Tai Chi* 1:30 Advanced Tai Chi* 2:30 - 6:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet-up (3hrs)</p>
<p>18 10:00 Stretch, Strengthen, Move & Groove 10:30 Rain Garden Design & Plantings 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Through Meditation</p>	<p>19 9:30 Open Art (2hrs) 10:00 ISO iPhone/iPad Class* 12:30 Easy Tai Chi* 1:00 Genealogy (3rd Wed) (1.5 hrs) 3:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi*</p>
<p>25 10:00 Stretch, Strengthen, Move & Groove 11:00 Widows & Widowers outing (1.5hrs) 1:00 Caregiver Support Group (1.5) 1:00 Open Card Play (3hrs) 2:30 – 6:00 Caregiver Needs Assessments 3:00 Stress Relief Through Meditation</p>	<p>26 9:30 Open Art (2hrs) 10:00 Exploitation of the Elderly & Disabled – Attorney Megan Wall 12:30 Easy Tai Chi* 1:00 Mah Jongg Meet Up (3 hrs) 1:30 Advanced Tai Chi*</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