

# January 2023

COA Center at Flagler Health+ Village at Nocatee

## Tuesday

## Wednesday

<p><b>3</b>            9:30 Grief Support Group            11:00 23 Healthy Habits for 2023 w/ Carla            1:00 Caregiver Support Group            3:00 Herbology*</p>	<p><b>4</b>            9:30-11:30 Open Art            10:00 How to Improve Strength &amp; Resiliency as We Age presented by Michael Derry, PT            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*  <b>3:00 Parkinson's Meet, Greet &amp; Learn-Guest Emily Herndon (Speech Pathologist)</b></p>
<p><b>10</b>            10:00 Morning Stretch with Alison            11:00 Widows &amp; Widowers            1:00 Caregiver Support Group            2:30 Travel Club            3:00 Herbology*</p>	<p><b>11</b>            9:30-11:30 Open Art            10:00 Ask the pharmacist            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*</p>
<p><b>17</b>            10:00 Morning Stretch with Alison            11:00 Aid &amp; Attendance VA Benefits w/ NAVF            1:00 Caregiver Support Group            3:00 Herbology*</p>	<p><b>18</b>            9:30 Open Art            10:00 Wealth Transfer Planning w/ Sean Bowles            1:00 Genealogy (1.5 hrs)            1:30 Tai Chi*            3:00 Mah Jongg Meet Up (2 hrs)</p>
<p><b>24</b>            10:00 Beginning Mah Jongg Class (2 hrs) *            11:00 Widows &amp; Widowers            1:00 Caregiver Support Group            3:00 Herbology*</p>	<p><b>25</b>            9:30 Open Art  <b>10:00 What Happens if You Die Without a Will? (Megan Wall)</b>            1:00 Mah Jongg Meet Up (2 hrs)            1:30 Tai Chi*</p>
<p><b>31</b>            10:00 Beginning Mah Jongg Class (2 hrs) *            10:30 Caregiver Needs Assessment            1:00 Caregiver Support Group            3:00 Herbology</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 [bbrunell@stjohnscoa.com](mailto:bbrunell@stjohnscoa.com) to register. For classes marked with \* please register at: <http://coasjc.coursetorm.com/catagory/coa-center-at-noctee>