



January 2025

Tuesday

Wednesday

	<p>1</p> <p>Closed for New Year's Day</p>
<p>7</p> <p>10:00 Stretch, Strengthen, Move & Groove</p> <p>11:00 Stroke Prevention & Management</p> <p>1:00 Caregiver Support Group (1.5hrs)</p> <p>1:00 Open Card Play (3hrs)</p> <p>2:30 – 6:00 Caregiver Needs Assessments</p> <p>3:00 Make Your Own Beads</p>	<p>8</p> <p>8:30 – 12:30 LAB Meeting</p> <p>9:30 Open Art (2 hrs)</p> <p>12:30 Easy Tai Chi*</p> <p>1:00 Mah Jongg Meet Up (3 hrs)</p> <p>1:30 Advanced Tai Chi*</p> <p>3:00 Parkinson's Meet, Greet & Learn - Safety in Hospital Care</p> <p>5:30 Long Term Care Insurance for Family Care Partners</p>
<p>14</p> <p>10:00 Stretch, Strengthen, Move & Groove</p> <p>11:00 Widows Meetup (1.5 hrs)</p> <p>1:00 Caregiver Support Group (1.5 hrs)</p> <p>1:00 Open Card Play (3hrs)</p> <p>2:30 – 6:00 Caregiver Needs Assessments</p> <p>2:45 Navigating Senior Living Options</p>	<p>15</p> <p>9:30 Open Art (2hrs)</p> <p>10:00 Retirement – Making Your Money Last</p> <p>12:30 Easy Tai Chi*</p> <p>1:00 Genealogy (3rd Wed) OUTING</p> <p>1:30 Advanced Tai Chi*</p> <p>2:30 - 6:00 Caregiver Needs Assessment</p> <p>3:00 Mah Jongg Meet-up (3 hrs)</p>
<p>21</p> <p>10:00 Stretch, Strengthen, Move & Groove</p> <p>11:00 IMEP Presentation</p> <p>1:00 Caregiver Support Group (1.5 hrs)</p> <p>1:00 Open Card Play (3hrs)</p> <p>2:30 – 6:00 Caregiver Needs Assessments</p>	<p>22</p> <p>9:30 Open Art (2hrs)</p> <p>10:30 Navigating Senior Living Options</p> <p>12:30 Easy Tai Chi*</p> <p>1:00 Mah Jongg Meet Up (2 hrs)</p> <p>1:30 Advanced Tai Chi*</p>
<p>28</p> <p>10:00 Stretch, Strengthen, Move & Groove</p> <p>11:00 Widows Meetup (1.5 hrs)</p> <p>1:00 Caregiver Support Group (1.5 hrs)</p> <p>1:00 Open Card Play (3hrs)</p> <p>2:30 – 6:00 Caregiver Needs Assessments</p>	<p>29</p> <p>9:30 Open Art (2hrs)</p> <p>10:00 What Happens If You Die Without a Will?</p> <p>12:30 Easy Tai Chi*</p> <p>1:00 Mah Jongg Meet Up (2 hrs)</p> <p>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://coasic.coursetorm.com/category/coa-center-at-nocatee>.

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