

# JULY 2022

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

Tuesday	Wednesday	Thursday
<p><b>5</b> 9:30-11:30 Let's talk about grief 1:00 Caregiver Support Group 2:30 Caregiver Needs Assessments 9:00 to 3:00 COA Office Hours</p>	<p><b>6</b> 9:30-11:30 Caregiver Café (Arts, Crafts &amp; Puzzles) 1:30 Tai Chi* 3:00 Parkinson's Meet, Greet &amp; Learn (This month's topic DBS) 9:00 to 3:00 COA Office Hours</p>	<p><b>7</b> 9:00 to 3:00 IMEP and COA Office Hours</p>
<p><b>12</b> 9:30-10:30 Let's talk about grief 11:00 Widows &amp; Widowers 1:00 Caregiver Support Group 2:30-4:30) Learn Mah Jongg* 9:00 to 3:00 COA Office Hours</p>	<p><b>13</b> 9:30 Caregiver Café (beginning at 10:00 Essential Oils 4 Wellness - Family caregivers and their loved ones encouraged to attend.) 1:30 Tai Chi* 9:00 to 3:00 COA Office Hours</p>	<p><b>14</b> 9:00 to 3:00 IMEP and COA Office Hours</p>
<p><b>19</b> 10:00 Caregiver Needs Assessments 1:00 Caregiver Support Group 2:30 – 4:30 Learn Mah Jongg* 9:00 to 3:00 COA Office Hours</p>	<p><b>20</b> 9:30 Caregiver Café (Arts, Crafts &amp; Puzzles) 1:30 Tai Chi* 3:30 Hearing Loss &amp; Brain Health (Dr Melisa Sharpe) 9:00 to 3:00 COA Office Hours</p>	<p><b>21</b> 9:00 to 3:00 IMEP and COA Office Hours</p>
<p><b>26</b> 10:00 Caregiver Needs Assessments 11:00 Widows &amp; Widowers 1:00 Caregiver Support Group 2:30 – 4:30 Learn Mah Jongg* 9:00 to 3:00 COA Office Hours</p>	<p><b>27</b> 9:30 Caregiver Café &amp; 10:00 Intergenerational tie dye party for grandparents w/ children &amp; family caregivers w/ loved ones 1:30 Tai Chi* 9:00 to 3:00 COA Office Hours</p>	<p><b>28</b> 9:00 to 3:00 IMEP and COA Office Hours</p>

Schedule is subject to change. Advanced registration is required. All events last for one hour unless otherwise noted. Please call 904-819-3234 or email [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with an asterisk \* please register at: <http://coasjc.coursestorm.com/catagory/coa-center-at-nocatee>.