

June 2023

COA Center at Flagler Health+ Village at Nocatee

Tuesday

Wednesday

Thursday

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| | To schedule a one to one “Caregiver Needs Assessment” or To schedule a one to one “Medication Review” appointment please call 904-814-9407 | 1 10:00 Savvy Caregiver (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment |
| 6 10:30 Palliative Care Continuum – (Community Hospice) 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:00 Herbology * | 7 9:30 Open Art (2hrs) 10:00 Medication review (1 to 1) 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 Parkinson’s Meet, Greet & Learn – Music Therapy | 8 10:00 Savvy Caregiver (Early sign up required for 2 month series) 11:30 Caregiver Needs Assessment |
| 13 10:00 Advances in Cataract Surgery 10:30 Grief Support Group – registration required (1.5) 1:00 Caregiver Support Group 3:00 Herbology * | 14 9:30 Open Art (2 hrs) 9:30 Medicare appts with SHINE 11:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* | 15 10:00 Savvy Caregiver (Early sign up required) 11:30 Caregiver Needs Assessment |
| 20 10:30-1:00 Caregiver Workshop (Caregiver Coalition) 11:00 Widows & Widowers 1:00 Caregiver Support Group 3:00 Herbology * | 21 9:30 Open Art (2 hrs) 10:00 Medication Review 11:00 Caregiver Needs Assessment 1:00 Genealogy (3 rd Wed) (1.5) 1:00 Tai Chi* 3:00 Mah Jongg Meet Up (2 hrs) | 22 10:00 Savvy Caregiver (Early sign up required) 11:30 Caregiver Needs Assessment |
| 27 10:00 Caregiver Needs Assessment 10:30 Grief Support Group- registration required (1.5) 1:00 Caregiver Support Group 3:00 Herbology * | 28 9:30 Open Art (2hrs) 10:00 Medication Review 11:00 Caregiver Needs Assessment 1:00 Mah Jongg Meet Up (2 hrs) 1:00 Tai Chi* 3:00 How to Improve Bone Health | 29 11:30 Caregiver Needs Assessment |

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 to register. For classes marked with * please register at: <http://coasjc.coursetorm.com/catagory/coa-center-at-noctee>