



**JUNE 2024**

**Tuesday**

**Wednesday**

<p><b>4</b>          10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13 – Thursdays also          1:00 Caregiver Support Group (1.5)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>5</b>          9:30 Open Art (2hrs)          10:00 Medication Review by Appt          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*  <b>3:00 Parkinson’s Meet, Greet &amp; Learn – Treatment Options for Advanced Parkinson’s</b>          4:30 Caregiver Needs Assessment</p>
<p><b>11</b>          10:00 Tai Chi for Arthritis (advanced registration required) 8 weeks through June 13 – Thursdays also          11:00 Widows &amp; Widowers (1.5hrs)          1:00 Caregiver Support Group (1.5hrs)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>12</b>          9:30 Open Art (2 hrs)  <b>10:00 Informed Eating for Optimal Health</b>          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment</p>
<p><b>18</b>  <b>10:00 Intro to Travel Sketching*</b>          1:00 Caregiver Support Group (1.5hrs)          1:00 Open Card Play (3hrs)          2:30 – 6:00 Caregiver Needs Assessments  <b>3:30 Herbology-Herbs for Memory, Sleep &amp; Cognition*</b></p>	<p><b>19</b>          9:30 Open Art (2hrs)          10:00 Medication Review by Appt          1:00 Genealogy (3<sup>rd</sup> Wed) (1.5 hrs)          1:00 Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment          3:00 Mah Jongg Meet-up (2hrs)</p>
<p><b>25</b>  <b>10:30 iPhone/iPad (iCloud &amp; Security)*</b>          11:00 Widows &amp; Widowers (1.5hrs)          1:00 Caregiver Support Group (1.5hrs)          1:00 Open Card Play (3hrs)  <b>3:00 Poisonous Plants w/ Terra Freeman</b>          2:30 – 6:00 Caregiver Needs Assessments</p>	<p><b>26</b>          9:30 Open Art (2hrs)          10:00 Medication Review by Appt          1:00 Mah Jongg Meet Up (2 hrs)          1:00 Tai Chi*          2:30 - 6:00 Caregiver Needs Assessment</p>
	<p>To schedule a one to one  <b>“Caregiver Needs Assessment”</b>          or  <b>“Medication Review”</b>          appointment please call          904-814-9407</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](mailto:pbrunell@stjohnscoa.com) to register. For classes marked with an \* there is a small fee. Please register at <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>